Chichester Herald

Friday 25 October 2013
YOUR FREE WEEKLY NEWSPAPER
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INSIDE

A little light reading before the lights go out
ALLIS MOSS
Page 12

The School Dilemma
FAMILY CENTRE
Page 16

Win tickets to see 12 Years A Slave
COMPETITION
Page 22

Creeps! Look away now

>> *Poisonous false widow spiders spreading across Chichester*

Dan Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

THE NOBLE false widow – Britain's most venomous spider – is set to give many homeowners the creeps after yet another victim was bitten.

False widow spiders – Steatoda nobilis in Latin – are no bigger than a 2op piece but they have the worst bite out of every spider species in the UK.

This time last year one family from Lavant experienced a terrible ordeal as mother Mel Belderson was bitten by the poisonous spider at her family home in Churchmead Close, Lavant. Her husband, has had two bites, and her two-year-old son has had one after they were found in their garage and coming in doors.

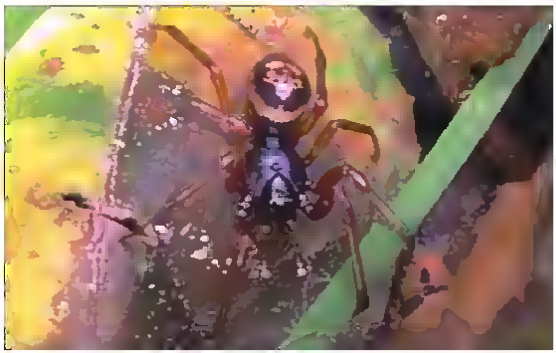
But now another victim in Chichester has been bitten after leaning on a tree. Mark Yates, 48, was in need of hospital treatment after he was bitten on his arm. He said: "My arm went red raw, and it was a burning sensation. And a pus blister formed on my arm. It was so painful."

The spiders are now said to be coming into homes as the cold weather sets in – a situation experienced this week by Bognor resident Sarah Tate who posted a picture on Facebook (see page 3) of the spider in her son's bedroom.

The horrible looking creatures have a dark, shiny body with pale markings and cream band on their abdomen and are usually found in outbuildings.

The spider is the only species of in Britain capable of biting humans. Although it has been known in Britain since arriving in Torquay in bananas from the Canary Islands in the

Continued on page 3



Sightings increase but the [illegible] only very rarely kill.

MORE HEADLINES >>

BOSHAM GETS 'CLOSE TO TORNADO' Page 3

£31 000 FOR CHARITY AFTER SUCCESSFUL EVENT Page 10

BIG SLEEP OUT WAS A GREAT SUCCESS Page 14

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Local News

Continued from page 1

1870s, its numbers and range are now growing because of the milder climates.

That's led to growing concern as the number of victims rises.

But the False Widows only bite when provoked and tend to cause humans a bee sting style reaction, but some people can react far worse to it.

Experts say a bite from a noble false widow can cause serious allergic reactions – though they shouldn't be confused with the much more venomous black widow – which has also arrived in the UK this week after experts found the spiders in shipments in Wales and Norfolk.

But the increase in sightings is no cause for alarm according to Sussex Wildlife Trust's Jess Price.

She explained the warm summer would have provided good breeding conditions for the spiders and now the nights are turning colder they have come indoors, resulting in more sightings.

She said: "They can bite and I am sure it is painful in the same way as a wasp or bee sting.

"A few people will have a severe reaction and might need to be hospitalised – but no one has died from it.

"It is really rare to be bitten and happens if you put your hand on it or try and pick one up."

A Chichester District Council spokesperson said: "We have received a couple of calls asking for advice on False Black Widow spiders over the past few weeks. If people find any within their homes, our advice is to spray them with fly spray and hoover them up.

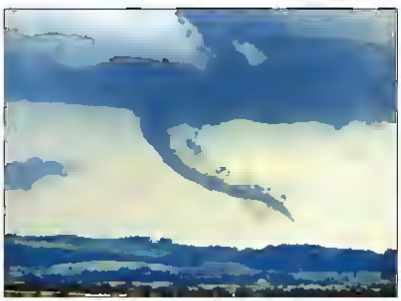
"The severity of symptoms from any spider bite depends on the amount of venom that is injected. Symptoms from the bites of most of these are similar, with local pain and swelling, and are usually no worse than those from a bee or wasp sting. False Widow Spider bite reports can include symptoms such as chest pains, and swelling and tingling of fingers. Should any severe symptoms occur, it is recommended that you get medical advice and stress that you have been bitten. Ideally, keep the spider as evidence."

Brighton resident who found a False Widow Spider in her son's bedroom

What should I do if I am bitten?

1 Wash the bite with soap and water.
2 Apply a cool compress / icepack.
3 If possible, apply a bite spray.
4 If necessary, take over-the-counter medication to control the pain or itching (eg antihistamine cream and suitable painkiller).
5 Do not cut or apply suction to the wound.
6 Monitor the bite for redness, swelling, pain, or signs of infection.
7 Monitor breathing, sweating and general demeanour.
8 If the redness, swelling or pain does not subside, or there are signs of infection, please consult your doctor.

Bosham gets 'close' to tornado



Thorney Island near Emsworth was hit by the freak weather which brought down a tree on army barracks on the island.

Trees were also brought down blocking the B2140 at Bosham and Funtington Road near Hambrook.

Paul Knightley, forecast manager for Meteogroup, said: "The conditions were favourable for a tornado, there is an unstable atmosphere. It is fairly warm for this time of year and there is a lot of moisture in the air."

Mr Knightley said there had been some evidence over the years of higher incidences of tornadoes along the coastline between Portsmouth and Brighton.

BOTH Bosham and Hambrook came close to the tail ends of the tornado that struck Hayling Island this week as meteorologists say more tornadoes are hitting the Sussex coastline.

On Sunday morning, a tornado devastated areas of Hayling Island whilst

Anorak Corner

Did you know? A taster of Chichester facts and figures...

Kingley Vale is home to one of Europe's most impressive yew forests. The forest contains yews as much as 2,000 years old. [illegible] comprise one of the oldest-growing ecosystems in Great Britain.

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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@GillesandEmily
"We're taking over House Of Fraser in Chichester on Halloween. Get your tickets now for £5 to Help A Capital Child"

@chiuni
"RT @SportScotChi @chiuni named by Which as Top University for sports courses #SportScotChi"

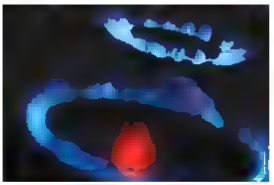
@Discover_Chi
"Help to celebrate & keep alive the art of ploughing. Join in the fun at Chichester Ploughing Match, 27 Oct from 9am http://chichesterploughingmatch.co.uk/"

@SweetBoutique7
"Im doing cupcakes for the launch event in Chichester head down there this Saturday for goodies and more! #cakes"

@IsabelAshdown
"High point of my week - visiting my old school @ChiHighGirls to talk to Y9 students about getting started in fiction"

Follow us: @chiherald

In the six minutes before the bus came she...



SLOE FAIR

They had the Sloe Fair in the gigantic Northgate Car Park on Monday night. We took some youngsters – it was brilliant. I didn't realise carnival folk still used Silver Cross-style prams for their little ones. They were still at it when I went to bed at 11.00. I could hear them from the bedroom window. And then they were gone. At 8.00am the next morning, packed up all those massive rides and stalls and vanished. Real professionals.

PLEBGATE

In football, when Leeds play Millwall I find I want both teams to somehow lose. I feel the same way about the puffed up foul-mouthed former chief whip and the cops who appear to have had it in for him.

GAS PRICES

Sometimes the free market works sometimes it doesn't. It doesn't with energy. Sometimes nationalisation works sometimes it doesn't. It does with energy.

FAT FACE

There's a clothes shop in East St called Fat Face which I assumed was for the horizontally challenged. It's not and their knitwear is chunky and cheap (£50ish). I mention this because the weather is turning and men need a trusty pullover only to discover that most shops are pushing Val Doonican type patterns at £120.

VAL DOONICAN

He paved the way for a busload of twinkly eyed professional Irishmen who've dazzled us with their blarney, culminating in Wogan and Graham Norton.

UNDESIRABLES

A very Chichester old lady joined me in at the bus stop on Tuesday for the 60 into town. She had a cut-glass accent and blue-rinse presence. All I said was 'Morning" and in the six minutes before the bus came she slagged off the EU, Greeks and Spaniards (lazy and corrupt) and the Irish "We're bailing them out and they've all got swimming pools even though none of them can swim". The Chinese they are the worst, they are evil and kill Rhinos for their horns. Then she went on to young people, how rubbish they are – and that schools are failing to do discipline. I pointed out that the third person at the bus stop was a young Chinese person I was showing round Chichester. She replied that these people need to hear the truth.

My point is that a skinhead spraying graffiti round the bus stop and kicking in the glass on the timetable would definitely – definitely – be doing less harm than her.

JOKE

Not really a joke, just a superb opening line to a speech that Sir Clement Freud used whenever he could. I recommend it to anyone asked to say a few words:

"When I was asked to say a few words this evening I spoke to the secretary of your organisation and asked to whom I would be speaking. I asked him for the number of people broken down by age and sex. He replied: 'They all are'"

I have done this one at countless weddings etc and I guarantee that as long as you have the cojones to wait for the penny to drop you get waves of laughs.

CONTACT TOMMY AT TOMMYBOYD@CHICHESTERHERALD.CO.UK FOLLOW TOMMY ON TWITTER @THETOMMYBOYD

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Distribution locations include: Tesco, Sainsbury's, Waitrose, Iceland, Chichester bus station, Chichester train station, Westgate Leisure Centre, Nuffield Fitness & Wellbeing, Graewold, newsagents, One Stop, Chichester College plus **300 newspaper stands** in the area. Chichester Herald is also in all coffee shops. We also distribute at least one newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city.

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FROM £9995*

After Guaranteed Min PX £2[illegible]*

62 Plate i36

5 door Man

Normally £149^ per month

FROM £8995*

After Guaranteed Min PX £[illegible]*

63 Plate i40

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MOTOR TRADER awards WINNER

42 fall below the legal required minimum

THIS OCTOBER, to support national tyre safety month, local officers from Chichester Neighbourhood Policing team spent three days at supermarkets in Chichester, Selsey and Midhurst promoting tyre safety.

On Tuesday 15, Thursday 17 and Friday 18 October, officers were on hand with useful information on tyre pressure and to promote the '20p test' which is a quick and easy way for checking tyre tread depth to make sure that your tyres are legal.

This is done by simply inserting a 20p coin into your tyre's main tread grooves to see if the outer rim of the coin is covered by the tread. Repeat this in all the main grooves and at several points around its circumference. If you can see the rim of the coin when it is inserted at any point, your tyre may be illegal and should be checked by a tyre specialist.

PCSO Jason Lemm said: "Not everyone realised how easy it was to check their tyres tread depth, so it was fantastic to promote the 20p test to motorist's arriving at the car parks. Your tyres' condition is critical for acceleration, braking, steering and cornering and as the driver, you are responsible for making sure tyres are legal and roadworthy."

During the three days a total 270 vehicles were checked and the owners shown how to complete the 20p test. Out of this total 42 of these fell below the legal required minimum 1.6mm tread depth. Advice was given to any motorists who did not meet this required standard.

Many shoppers were also given the opportunity to chat with local officer's at our tyre information tables and were given valuable information regarding tyre pressures which when properly inflated, last longer, help you use less fuel and give you better handling and braking, further reducing your chances of being involved in an accident.

During October's tyre safety month, drivers are asked to check their pressures and tyre tread depth and make it an on going habit by doing so on a monthly basis.

Police donate cash to help fight human trafficking

SUSSEX Police have donated £200 to help tackle human trafficking in West Sussex.

The money has been given to South West Sussex Active Communities against Trafficking (ACT), which will use it to help promote the group's work around raising awareness of human trafficking in the area.

PCSO Lisa Shadbolt said: "Human trafficking is a horrible crime where people are traded as commodities. We are determined to do our part to stop those behind it."

For more information about the group or to get involved visit www.stopthetraffik.org/ take-action.

The donation comes from the Police Property Act Fund (PPAF), made up of monies received by the police from property confiscated by order of the court and then sold.

Drainage work scam warning in West Sussex

POLICE are warning people particularly the elderly to be on their guard against conmen who call and ask for money to pay for equipment for drainage works.

A series of such calls have been made in Chichester, East Grinstead and Worthing where conmen have called at a residents' homes saying they are carrying out drainage works and they need cash to pay for specialist machinery.

This is usually followed up by several phone calls by someone pretending to be from the drainage company asking for the money to be sent to them.

Detective Sergeant Russ Burgess said: "This is a scam aimed at obtaining large sums of cash out of residents by telling them they need to pay for equipment for essential drainage work to their property to be carried out.

"A man usually calls at the house, asks for the victim's phone number and then follows it up by several phones asking for large sums of money. Don't let any strangers into your home, give out your phone number or withdraw money to give to them. Phone police on 101 to report any suspicious behaviour."

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University opens its doors to future students

THE UNIVERSITY OF CHICHESTER will be opening its doors to college and sixth form students during the next week.

The institution, which currently runs more than 300 courses, will be showcasing its facilities to the public on Saturday 26 and Thursday 31 October.

Tutors and current students will also be giving guided tours of the Chichester and Bognor Regis campuses from between 9am to 4pm.

Deputy Vice-Chancellor Sarah Gilroy said: "Choosing the right university is an important decision and reading a prospectus or website may not be enough to get a feel for the place.

"The open days are informal and friendly and give prospective students and their families a chance to speak with our tutors, who will also be talking about recent changes to finance as well as the newly-built accommodation and sports facilities."

The University currently tutors more than 6,000 students each year within a range of subject areas including arts, humanities, business, sport, and education.

Prospective students can also attend a number of post-application taster days in April once they have received an offer.

To find out more go to www.chi.ac.uk/visitus

Police issue CCTV image after an attempted robbery in Selsey

POLICE have issued CCTV images of a woman they want to talk to following an incident in Selsey.

A teenage girl has reported that she left a shop in the High Street at about 9.20pm on 19 October when a woman approached her and threatened her, demanding money. This happened between the One Stop shop in the High Street and Lewes Road. She was disturbed and the woman fled.

Sergeant Jason Vickers said: "This was a frightening ordeal for the girl. We made an immediate search of the area and are doing all we can to trace the woman. CCTV shows a woman aged 20-30, with brown hair, 5' 3" tall and wearing a dark oversized hooded top and tracksuit bottoms. Further images show her wearing a balaclava.

"If anyone recognises her they should contact police on 101 or email contact.centre@sussex.police.co.uk quoting 1618 19/10. They can also contact the independent charity Crimestoppers anonymously on 0800 555 111."

Conservatives win Westbourne by-election

THE CONSERVATIVE candidate, Mark Dunn, won the by-election for the Westbourne Ward on 17 October 2013.

Mark will represent the Westbourne Ward on Chichester District Council until May 2015, when the next District Council elections will take place.

The total number of votes for each candidate was as follows:

- Alicia Ruth Denny (UK Independence Party) 106 votes
- Mark Dunn (The Conservative Party) 184 votes
- Andrew Emerson (Patria) 3 votes
- Thomas Brian French (Green Party) 85 votes
- Dr Philip MacDougall (Liberal Democrat) votes 68.

The make up of Chichester District Council is 30 Conservatives, eight Liberal Democrats and four Independents. The by-election took place following the resignation of Mrs M Elliott. The percentage turn-out for the election was 24.06%.

mind | Chichester Area

Friends in Mind
Dementia Support

October and November programme

This is a planned programme of new, different and stimulating regular events, recognising the needs of those people living with an early/moderate stage dementia who feel their social life may be slipping away. Carers also welcome

Tuesday 29 October – Pub lunch 12.30pm

Join us for a sociable lunch at the Bulls Head,
99 Fishbourne Road W, Fishbourne PO19 3JP (Car park in Mill Lane) Followed by optional quiz or walk to the pond

Contribution – £6.00 per person.

••••••••••

Friday 29 November - Owls About Town and info event.
1pm – 3.30pm
at St Paul's Church Hall, Churchside, Chichester. PO19 6FT
Come and meet some friendly owls. Find out about forthcoming events and what local services are available to help you.

Contribution £3.50 per person to include refreshments

Limited transport may be available for either event. For further details, or if you would like to attend, phone Rayner on 07507 164859 or email raynerwaszkl@hotmail.co.uk

An initiative of Chichester and Bognor Dementia Care Forum. Supported by Healthier Chichester Partnership, Chichester Area Mind, Carers Support West Sussex, Alzheimer's Society and the people of Chichester

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£31,000 for charity after successful event

THE CHICHESTER HALF MARATHON 2013 has raised nearly £31,000 for Children on the Edge.

Over 700 runners finished last week's race in tough conditions as the half marathon was back for the second year running.

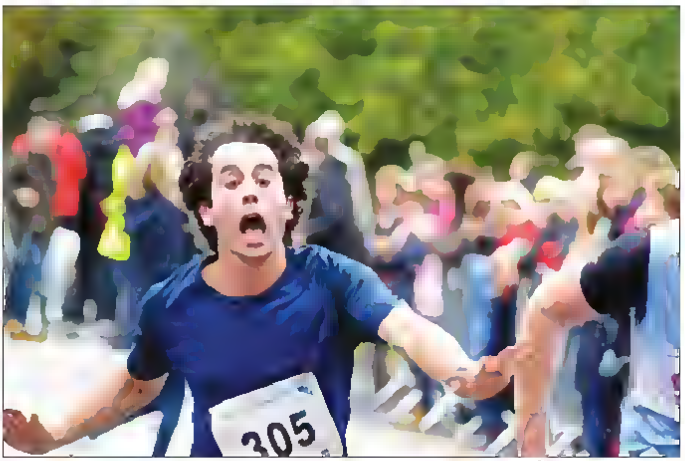
Esther Smitheram, communications officer for Children on the Edge, helped stage the Chichester Half Marathon, said: "We wanted to say a huge thank you to all those involved in the event. You've all made a tremendous difference to the children we work with. If you haven't before, then please find out about our projects so you have an idea of what this grand total is helping to achieve.

"We've already started crafting next year's event, and registration will be open in January 2014, just in time for all those New Year resolutions!

"Thank you once again, and we'll look forward to seeing you next year."

The money raised delighted Ben Wilkes, COTE Head of UK. He said: "We couldn't be more delighted with the amount raised. We work with some of the most forgotten children, in some of the most desperate situations, but then we have the most generous runners and sponsors in this event. These people are not only courageous enough to tough out a challenging multi terrain route, they are big hearted enough to make a huge difference for children living on the edge of their societies, across the globe."

Helen Pattinson, founder of Montezuma's and a sponsor of the event, said: "I was so excited to see the Chichester half marathon taking shape during the build up to the race. The first race last year had gone so well both in terms of enjoyment for the runners and for the money raised for Children on the Edge, it was hard to imagine how this year could be better. Despite the drizzle, the atmosphere at the start was one of sheer excitement from runners and organisers alike and as a sponsor, we were just so proud to see our name dotted around the Runners Village, associating us with such an amazing event. As a runner, the sprinkling of rain was very welcome and although the Trundle will never get any easier, the challenge of climbing it to reach the views from the top is well worth it. But after that, even I tucked into the bar of chocolate in my finishers' goody bag!"



Shelagh Legrave, Principle at Chichester College, said: "It was a great event despite the weather. Chichester College is delighted to support the Chichester Half Marathon for two key reasons, firstly it is supporting a community event whilst encouraging a healthy lifestyle through sport, for which it has a significant provision.

"Secondly, the College tries hard to raise funds for Charity and is delighted to support Children on the Edge, a local charity with an international reach.

"I have run it for the past two years and it is very well organised and a fabulous route, albeit a horrible hill."

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WHERE AM I?

Chichester Herald, in partnership with Chichester's Ship Hotel, is giving away a fabulous meal for two people – every week!

The Chichester Herald will be running a 'Where am I?' photo competition sponsored by the Ship Hotel in North Street, Chichester every week where you have to guess the location of the photo.

For your chance to win this amazing prize for two people, please answer the following photo question:

Can you guess where this picture was taken within the Chichester area?

For your chance to win this week's competition, email your answer, name, address and contact number to **news@theshiphotel.net**

Last week's answer was: Goodwood Racecourse

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Hotel, Bar & Restaurant

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Entries close on Wednesday 30 October 2013 at midday. The competition is for one winner with a prize of a meal for two of the Hotel's popular 'The Ship's Plank'. The Ship's Plank now consists of: Soup shot, crispy fried duck egg with brioche fingers, oriental duck salad, Ship's cottage pie, parma ham and bresaola, whitebait, mini burger chicken terrine, king prawn & cherry tomato skewers and onion rings. There is no cash alternative. A winner will be announced by the Ship Hotel every Wednesday. Entry details may be kept on file.

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www.rebekahgracephotography.co.uk
Rebekah Grace
PHOTOGRAPHY

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Please tick if you do not wish to receive any marketing material ☐

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A little light reading before the lights go out…

Allis Moss

ON THE CASE

I WISH I had a fiver for every time I have heard someone say this week that the lights are going out imminently. Just this morning, in a chummy debate on the phone about the future of energy, my mate Adam asked me if I knew the lights were about to go out. A spin doctor has clearly got all and sundry to rehearse this mantra to explain why we are all subsidizing French and Chinese energy giants to build a nuclear power station in the UK at Hinkley Point.

Just an observation, but, before we build another, shouldn't we really clean up Sellafield? As those living in Cumbria, that beautiful county of lakes and fells know, the clean up cost for the mess of Sellafield is almost 70 billion pounds with no end in sight to sorting it out. Meanwhile, while the French are helping us out in Somerset, Germany has signed up to decommissioning all its nuclear power plants by 2022, a year before the lights go on at Hinkley. Instead of letting others install a nuclear station in the Bristol Channel, British business and scientists could have led the world with a tidal barrage there.

Winter's on the way

By the strangest of coincidences, the announcement to build the new power station comes as at least three of the 'Big Six' energy suppliers put their gas and electricity prices up again, just as the first chills of winter begin to bite. Could it be that, already softened up by the latest assault on our household budgets, we are more likely to cheer for the Hinkley deal, particularly with the lights due to go out—kerching—another fiver!

Surely there is no connection between charges going up and SSE (Scottish and Southern Electric)—the first big supplier to turn the seasonal screws and set up the possibility of a domino effect for the remaining Big Five—being fined a record £10.5 million pounds earlier this year by the energy watchdog Ofgem, for mis-selling gas and electricity? According to Stephen Fitzpatrick, the boss of Ovo, one of the small, independent energy suppliers, the latest price rise has nowt to do with wholesale energy price rises—the habitual excuse of the Big Six—which he says haven't gone up in two years.

Three cheers for the Archbish

It was a bit startling to see how little attention was paid to the Archbishop of Canterbury Justin Welby's plea for morality against profit margins alone. He spoke out on the Sabbath day. Scarcely before you could utter the words 'before the lights go out" Npower became the next to announce it was putting up prices on the Monday. The Archbishop has also mounted a cavalry charge on pay-day loan companies and their sky-high interest rates to pay for things like our sky-high heating bills. I'm rooting for the Archbishop.

Bananas

Speaking of lights out, a team in Japan have worked out how to stop us feeling jetlagged. All we have to do is suppress proteins in a group of cells in our brains called the vasopressin receptors. It could mean the end of feeling rubbish after a night shift. And to think I had to make do with a banana.

Spiders

I ran into an old work colleague where I did most of my night shifts the other day. This man, Edward Milner is now the 'official recorder' of spiders in London. His task comes as the alarm is raised about Britain's allegedly most venomous eight-legged resident, the false widow spider. Apparently, the spider, which, not unreasonably, has been known to nip when it is being squashed, is on the increase. This is manna from heaven for Edward, who runs a day course on spiders at City Literature Institute in London. Edward reveals there are 76 different types of spider living in 10 different species of grass in a meadow where he takes his students, including arachnophobes. Ed's logic is that if you look at a spider under a microscope you'll see it is beautiful. On his course he also debunks the common myth that most female spiders eat their male partner after mating. Not so, says Ed. The male would make too small a meal to be worth the energy the female would expend in consuming him. Energy? Oh no! Do the spiders know the lights are about to go out?

And finally

Why is it that when the circuit trips and the lights go out it is always at the most inconvenient time for it to do so? It was my first night looking after a friend's flat while she was away. I didn't know my way around but had settled in enough to begin cooking supper in the kitchen. Two giant saucepans were boiling fiercely on the hob when suddenly all the lights went out. Something, probably a suspect cooker, had short circuited the power. The pans were still hissing in the dark as I inched my way away from them and down the unfamiliar hallway to fumble for the fuse board in pitch black. It just goes to show you can never tell when the lights are about to go out.

Contact Allis at: allis.moss@chichesterherald.co.uk

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Glaucoma - What you need to know

Nuffield Health Chichester Hospital would like to invite you to a free talk on Glaucoma by Nishani Amerasinghe, Consultant Ophthalmologist.

What is glaucoma? How is glaucoma treated? What happens during glaucoma surgery? Going home after glaucoma surgery (trabeculectomy). Come along to find out everything you need to know about Glaucoma and have all your questions answered.

Meet our Experts:

When: **Tuesday 5th November 2013**
Time: **19:00**
Where: **Nuffield Health Chichester Hospital**
7B Broyle Road, Chichester, PO19 6WB

To book a place call **01243 887572**
Find out more at nuffieldhealth.com/hospitals/events

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Big Sleep Out was a great success

WITH OVER 100 participants ranging in ages from 6 to 76, last weekend's Big Sleep Out in aid of Stonepillow was hailed a huge success.

They were blessed with the weather, as Saturday's morning showers cleared away in time for the start of the Shelter Competition. Some highly creative and sturdy structures were put together using just cardboard and parcel tape!

Stonepillow were grateful to the High Sheriff of West Sussex for attending at the event to judge the competition and award prizes during the special thanksgiving service at the Cathedral. The service, which took place in the evening, was led by the Dean, while the Bishop of Chichester also gave a blessing. It was a lovely opportunity to bring thoughts back to the real focus of the event, and take a moment to think of those in need who have to sleep rough for much longer than just one night.

As the evening progressed the skies cleared and a full moon shone brightly on what was an unseasonably mild evening in the beautiful grounds of the Cathedral. Participants enjoyed a BBQ and an evening sing-a long before settling down to sleep in their shelters. Wfule the rain stayed away for the whole night, the wind did cause a bit of havoc with some of the tarpaulin roofs and 'front doors'.

Those who were a little slow to pack up and clear away their shelters in the morning did get caught out in what was a ferocious downpour with hail, thunder and gusting winds.

While the final money count is still taking place and participants will be collecting their sponsorship money over the next couple of weeks, Stonepillow feel confident that their £10,000 target will be reached. These funds will play a vital role in maintaining and maximising the services and support they provide to their clients across all of their Projects during the year ahead.

The Big Sleep Out is Stonepillow's largest annual fundraising and PR event and they hope that it will continue to grow and bring the community together for what is always a fun event with a serious message.

For next year Stonepillow hope to experience the same weather conditions, attract even more participants and business support, and raise even more funds and awareness for this worthy cause.

Stonepillow would like to thank everyone involved in making this year's Big Sleep Out such a wonderful event.

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Locals rock Wembley!

HUNDREDS of Rock Choir members from Chichester and Bognor Regis enjoyed one of their biggest performances yet, at the hallowed grounds of Wembley Stadium. The local singers formed part of Rock Choir's 5,000-strong 'circle of sound' around the pitch to entertain a record-breaking crowd of over 61,000 at the Heineken Cup battle between Saracens and Toulouse on Friday 18 October. Before the singing started they pulled off a huge Mexican wave, much to the enjoyment of spectators!

Rock Choir performed just before kick-off and at half time as part of an exciting night's entertainment, which included pop stars The Vamps. In the weeks leading up to the match, local Rock Choir Leader Vikki Hewitt put her very own 'team' through their paces, making sure the harmonies to songs such as 'Proud' by Heather Small and Bon Jovi's anthem 'Livin' On A Prayer' were spot on right from kick off.

"We were thrilled to be part of this amazing mass performance," says Vikki. "Being invited to exciting events like this is all part of being in Rock Choir. It's only a couple of months since we sang with thousands of fellow Rock Choir members from around the country at the o2 Arena in London and the Echo Arena Liverpool, it was great to get together with some of them again at Wembley Stadium."

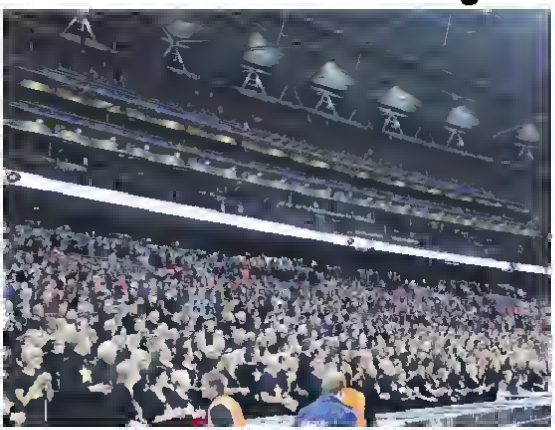
Sadly, victory was not to be for Saracens in their first Heineken Cup home match. Louis Picamoles snatched a 17-16 win for the French side.

Rock Choir is the UK's largest and most popular contemporary choir, with more than 10,000 members in over 250 local communities. It was established in 2005 by award-winning singer and musician Caroline Redman Lusher, who wanted to create a modern choir for people young and old who love to sing. Unlike more traditional choirs and choral societies there are no entry auditions, and no requirements to read music or have any previous singing experience.

Rock Choir's uplifting ethos of fun, friendship and community spirit is a huge part of its attraction. At an individual level it helps improve people's self-confidence, enables them to develop their singing skills, and enjoy a dynamic new social life. On a wider level, Rock Choir has helped raise millions of pounds for charity through its performances and social events.

Other amazing achievements include releasing two top twenty albums, breaking three Guinness World Records; being the subject of ITV1 documentary, 'The Choir That Rocks', and making numerous TV appearances – including BBC Breakfast, The One Show and the Alan Titchmarsh Show.

"As well as having the chance to perform, being in Rock Choir is a great way to escape every day pressures and enjoy some 'me' time each week," says Vikki. "Time and time again I see how singing in Rock Choir helps improve people's self-confidence and gives them wonderful sense of fulfilment and wellbeing. New members are always welcome and I'd like to invite anyone who loves singing to book a free taster session and give Rock Choir a try. I think they'll love it.



Anyone interested in joining Rock Choir can book a free taster session at their nearest rehearsal location. Visit www.rockchoir.com or telephone 01252 714 276 to find out more.

The School Dilemma

By Becky Edwards (Children's Centre Co-ordinator) and Nicki Graham (Family Outreach Work)

CHOOSING a school can be one of the most difficult decisions a parent faces. It probably seems only yesterday you were holding a new born and suddenly it's time for them to start school. Knowing that the tiny person you have nurtured is ready to make the next steps into education can be an emotional and stressful time. There are so many things to consider and the whole process can be somewhat overwhelming. Years ago, starting school was simple- we all went to our local school without question. However, parents are now faced with a multitude of decisions and opinions. It can seem like a bit of a minefield!

Parents are naturally keen to read Ofsted reports and research into the children's academic progress. In addition, there will be several conflicting opinions about each school. Some people will be more than happy with how their child has progressed, while others may have reservations. There is also the question of where your child's friends will go and how this impacts on your choice. After we have considered all of these variables and have painstakingly reached a decision- we are faced with the prospect that our child not even get a place. Many of us choose a school outside of our catchment area and take the risk that the school may be oversubscribed- this causes yet more anxiety. If our child is not allocated a place at our first choice school, this can be really upsetting and disappointing so it's important to prepare to be offered a second or third option. Deciding on these can be equally challenging.

While researching and gaining opinions is important, we must trust our instincts to choose the best schools for our child as an individual. Arranging to visit a school and talking to children and staff will give you a far clearer insight into how suitable a school may be- as well as seeing how your child reacts to the environment. Though ultimately we make the final decision, our child will be the one attending school and their voice should be valued and respected during the selection process. Although it is sensible to take everything into consideration, what matters most is the knowing that your child is happy and safe, after all a child will learn best and thrive in a place they enjoy. Not every school will suit every child, regardless of results and reputation. As a parent, you can only be guided by the knowledge that you know your child best and trust yourself to make the right decision.

For more information or support with parenting visit Chichester Nursery School, Children and Family Centre. Or phone 01243 642950. Website www.chichester.nur.w-sussex.sch.uk

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Historical Talks at the Record Office Announced

Local passenger train to Midhurst in 1964

WEST Sussex residents are being invited to a new series of talks at the Record Office in Chichester.

The talks will explore the centre's vast collections of documents, photographs and film which date from 760 AD to the present day.

The programme starts on Tuesday, 29 October with an evening of old railway films from the collections of Screen Archive South East.

From November, there will be illustrated talks on maps and mapmaking, the County Asylum at Graylingwell Hospital, and the early 19th century uprising by agricultural workers in West Sussex known as the 'Swing Riots'.

Lionel Barnard, County Council Cabinet Member responsible for the Record Office, said: "These talks will give local residents the chance to enjoy some wonderful images from the County's past and I would urge people to go along if they can – there are some fascinating topics to choose from."

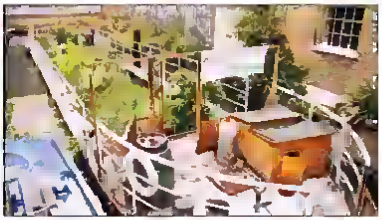
The talks start at 7pm on the last Tuesday of the month (except December).

Tickets cost £7.50 each (pre-booking is essential) and refreshments will be provided.

To book or find out more, contact the Record Office on 01243 753 602 or visit Orchard Street, Chichester, PO19 1DD.

Alternatively go to www.westsussex.gov.uk/ro

Food revolution screening and talk – set to inspire the foodies of Chichester



LOCAL SUSTAINABILITY GROUP Transition Chichester is gearing up for their next Eco Cinema screening 'Best Before' the London Food Revolution, which is set to be followed by an inspiring talk by Worthing based community gardener Martin Jarvis.

Taking place on Monday 4 November, at 7.30pm at the Bassil Shippam Centre, the film is a short documentary about the food revolution taking off across London, why it is happening and how it provides a way forward to a more healthy, sustainable and socially just food system in the UK. In London a handful of supermarkets dominate the food system, an incredible amount of food is wasted every day and fresh, healthy food has become the privilege of the wealthy.

Best Before shares stories from city farms to roof gardens, farmers' markets to food cooperatives, the many creative ways in which communities around the city create synergies to reduce dependency on the corporate food system, and produce, distribute and consume food in a sustainable, ecological, and socially just way.

Interspersed with interviews with key academics, journalists and policy advisors, Best Before follows those at the heart of the London food revolution.

The film will be followed by a lively talk from community gardener Martin Jarvis. Jarvis is the son for two former market gardeners who were based in Angmering, he is a specialist herb grower and two years ago set up a market garden as a community supported agriculture scheme with Transition Town Worthing.

All are welcome, the cinema costs just £4 to cover the cost of venue hire, any additional funds raised will be donated to the two Transition Chichester orchard projects and the Oaklands Park Community Garden.

Venue: Bassil Shippam Centre, Tozer Way, Chichester, West Sussex.
Cost: £4.
Monday 4 November, time: 7.30pm for 7.45pm viewing.

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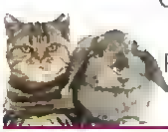
Patient homes needed

Cat and Rabbit Rescue Centre



One year old Maya is a very beautiful cat and she is looking for a very special kind of owner

IT S OUR black cat rehoming day this weekend the 20 October from 12-2pm at the centre. If you're interested in adopting a cat why not come along.

With her gorgeous pale ginger fur and green eyes, one year old Maya is a very beautiful cat. She certainly does attract people's attentions but she's looking for a very special kind of owner. Not having the best start in life Maya was found as a stray in Bognor Regis and brought to us on the 27th August 2013. Maya is a bit nervous and it takes time for her to trust people. She is a very sweet and gentle girl that does love strokes and will nuzzle your hand for more. She's looking for a patient home that will give her time to settle in and get used to her surroundings. With time and understanding were sure she will become a very loving cat.

Other nervous cats needing caring homes include:

• Banksy a black male and Finn a black and white male are one year old brothers. Sweet boys that require a gentle approach.

• Fergie, black and white five year old female, needs time to trust but will roll over and let you tickle her tummy when she does.

• Dean, three year old black male and one year old black and white brothers Donald and Skipper. Can be a bit nervous but do enjoy a fuss.

Hundreds more cats and kittens are waiting for homes now. The Rescue asks for a minimum donation of £45 for each neutered cat or older kitten which includes vaccination, flea and worm preventative treatment, microchipping and Free PetPlan vet insurance for 4 weeks. An un-neutered younger kitten is £70 including a free neutering voucher (to be neutered at The Centre) for when the kitten is old enough.

Homing by appointment 7 days a week. Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk. Tel: 01243 641409

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James Faulkner is currently at the Salvation Army

THE ALDINGBOURNE TRUST is an enterprising charity that really engages with local businesses, visitors and supporters, helping people with learning disabilities to have the same opportunities as everyone else to live independent lives. The Trust is committed to equal opportunities and overcoming barriers of diversity.

WorkAid is a project of the Aldingbourne Trust and has over 15 years' experience of supporting employers to match the needs of their business to the skills of people with a learning disability. This is a FREE service to employers, whereby an Employment Consultant will support you with inductions and work trials, to ensure you have the right person for the job. WorkAid can give advice on accessing potential funding to support employers and tailor made service will help your employee reach their full potential.

Why employ someone with a learning disability? The people we support into employment have enthusiasm, talent and reliability. Our candidates work in a range of local, national organisations and commercial businesses. WorkAid welcome the opportunity to work in partnership with you, to support you to make a difference, open doors and recruit reliable, talented staff. In addition you will be providing equal opportunities for all, meeting your Corporate Social Responsibility and increase your reputation as an employer of choice.

WorkAid will help you be creative with your organisations job roles and gain the benefits of a diverse workforce, give advice and support on disability in the workplace and provide job coaching tailored to support your employee to learn and develop.

If you can help please contact WorkAid Manager Rachel Smither 07508038639 or email rachels@aldingbournetrust.co.uk

Why 'Fix It Don't Bin It'?

FOR OVER 50 YEARS John Emery has been in manufacturing, design and facilities engineering.

During this time his focus has always been on servicing and reparability.

He has become increasingly frustrated with the modern throwaway culture that many manufacturers and suppliers practice. To see the skip at the tip full of many FIXABLE items is soul destroying to someone like John.

Some items are not reparable, due to their design, or uneconomic, due to the cost and availability of spares from the manufacturer.

Having said that, there are many items that are economic to repair, and should be regularly serviced, to enable them to last for many years.

Following the loss of his job a few months ago, John wanted something to occupy his mind, use his skills and to enhance his meagre pension a little.

After some thought, while repairing a vacuum cleaner, that was due for the dump, he thought, 'why not use my skills and expertise to help people save money and get some satisfaction in making things better'.

So that's what prompted the idea of 'Fix It Don't Bin It'.

John has been told in the past that he should use his skills to start up on his own, but until now he ignored their suggestion.

There are simple jobs that people cannot, or do not want do themselves that John is happy to do for a sensible charge. For example, sharpening tools, knives, scissors etc with a very small charge and a very happy customer. John is not suggesting that one knife is economic, but people have drawers full of blunt items, in the house and the shed. When did you last have your microwave safety checked? Answer, never? Not a good policy.

For a 'No Fix No Fee' free collection from Chichester, contact John on 01243 780393 or 07808 122020 or enquiries@fixnotbin.co.uk

CakeLush are Flying High!

CAROLINE DAY AND MICHELLE MCKINLEY Bell are devoted to cake! Determined and hardworking, the two friends based in West Sussex; with the support of their families are dedicated in growing and developing their business – CakeLush so it becomes a household name.

Their CakeLush kitchens are nestled between the beautiful south downs and the south coast in West Sussex. Their home baked creations come from their love of vintage styles and traditional recipes, wherever possible using British fair trade and locally sourced quality ingredients. Mixed with enthusiasm, they create cakes which are eye-catching and fun.

They are proud of their community and their aim is to support local small businesses by sourcing ingredients such as free range eggs, jam and honey. Their buttercream is only ever made from real butter and each cake is individually handcrafted. CakeLush are continually developing modern trends which incorporate traditional recipes.

Hot off the press CakeLush are proud to be supplying Virgin Atlantic with Truly Vanilla and Truly Chocolate cupcakes from October 2013. Passengers flying on board Virgin Atlantic flights will be able to pre-order a box of four cupcakes handcrafted by CakeLush, from Virgin Atlantic's Retail Therapy online shopping website www.retailtherapyshopping.com these delicious and eye-catching cupcakes will be delivered to your seat for you to enjoy or to take home for family and friends. Michelle said: "This

Michelle (left) and Caroline in the CakeLush kitchen

is a fantastic opportunity which we are extremely excited about, just think, our cupcakes will be travelling the world!"

The creative designs which will be flying on board Virgin Atlantic are a set of four vanilla cupcakes decorated with mini Virgin planes flying through the sky and a set of four chocolate cupcakes decorated with a miniature afternoon tea design. Caroline said: "It's a crazy, busy time for us but we are loving every moment and thank you to our friends, family and more for your continuous support."

CakeLush design cakes for every occasion from children's birthdays, anniversaries, baby shower to weddings, corporate events and more. CakeLush love what they do and have even created the Royal Family out of fondant to celebrate the birth Prince George.

Join us on facebook, follow us on twitter @cakelushuk and visit our website www.cakelush.co.uk

Bucking the trend

NO SUCH THING as a job for life? Well, the Nuffield Health Chichester Hospital is proving to be the exception to this accepted belief that it's a thing of the past.

According to survey by Reed consulting the average length of services is 2 years and 4 months. It's widely believed that a job for life is a thing of the past. The Nuffield Health Hospital in Chichester seems to be bucking this trend.

The Nuffield Health Hospital Chichester had its Long Services Awards this week, with Julia Grant and Sue Turnbull receiving rewards for 20 years of service and nine others receiving their 15 and 10 years rewards.

Denise Clark, Trudi Stallwood, Rachel Baldwin Jo Lawrence, Jana Lane, Debbie Rodgers, Pat Gaymer, Sarah Aslett and Sarah Mitchell were all in the awards.

Hospital Director, Paul Duhig, said: "The benefits of having an experienced team of people are immeasurable, that is why we reward long services.

"We want a happy and efficient team so we actively try to retain staff through continued learning opportunities, and a family atmosphere."

When asked why they had stayed so long the reward recipients said 'it was the team they worked with that was the main reason, after working together running the hospital for so long".

Some of the younger members of staff thought 20 years was unimaginable, 'a whole life time." was the comment.

If you'd like to join the team, Matron Thelma Henderson, said "We are always keen to hear from good people". You can look at www.nuffieldhealthcareers.com/homepage.aspx

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Just the Job! A new charity initiative for West Sussex

A NEW JOBS board which launched in West Sussex last month is delighted to announce it is also launching a charity initiative for organisations in the area, starting in January 2014.

CoastalWestSussexJobs.com is part of the award winning BrightonandHoveJobs.com, and a part of the LoveLocalJobs.com family, the leading employment websites for the region, founded in 2010 by Gary Peters, and which is credited for making a positive difference to the economy of Brighton and Hove. CoastalWestSussexJobs.com covers Shoreham-by-Sea, Lancing, Arundel, Worthing, Bognor Regis and Chichester and is now on the lookout for one charity to become its Charity of The Year.

The activity is off the back of an award winning initiative which was launched three years ago in Brighton with LoveLocalJobs.com inaugural site BrightonandHoveJobs.com.

LoveLocalJobs.com will also support three other charities per year via each of its job boards which include BrightonandHoveJobs.com, GatwickDiamondJobs.com and 1066Jobs.com.

Founder of LoveLocalJobs.com Gary Peters said "I'm absolutely delighted to expand the charity initiative across the entire LoveLocalJobs.com portfolio. The uptake and response to the initiative has been so positive and we've even gained national recognition for its continued success. All of our online job boards work very hard to better link the private, public and third sectors to raise the awareness of local employment and skills and we are very proud of the free services we provide to the third sector. I'm very much looking forward to reading through the applications and announcing the winners very soon."

The benefits of being the charity of the year include a dedicated page on CoastalWestSussexJobs.com, dedicated e-newsletters to the local audience, advertising opportunities across the site, FREE recruitment advertising for the winning charity for 2014 and many more associations with this award winning business.

For details on how to apply go to CoastalWestSussexJobs.com and request the simple application form.

If you are a charity and you think your charity better fits one of the other LoveLocalJobs.com areas please check the area profile below. Please note that only one application per registered charity will be accepted across the Love Local Jobs platform.

1 BrightonandHoveJobs.com: Brighton and Hove

2 GatwickDiamondJobs.com: Crawley, Horsham, Redhill, Mid Sussex, Reigate and Surrey

3 Coastal West Sussex: Shoreham-by-Sea, Lancing, Arundel, Worthing, Bognor Regis and Chichester

4 1066Jobs.com: Hastings, Battle, Eastbourne, Rother, Rye, Battle and Tunbridge Wells

Favourable consideration will be given to those projects which directly benefit a large number of children or residents in the local area positively increasing the quality of local lives. Additionally if your project can benefit people with training, employment or personal development this will also be considered favourably.

Deadline for applications is midnight on 1.12.13

New Park Centre looks forward to seeing you

THE NEW PARK CENTRE in Chichester is opening its doors to all this Sunday 27th October. The open day between 11:00 am and 5:00 pm is a celebration of the variety of arts, sports and leisure activities taking place onsite. It will be a chance for groups to show case what they do and attract new people. An opportunity to find out what goes on, to pick up information on groups and classes plus watch activities taking place. Groups taking part include Chichester Karate Club, Gombat Conditioning, Stringers Art Club, Pilates, Hatha Yoga, Buteko Breathing, Brazilian Dancing-Capoeira Oraxe, Circle Dancing, On Point Hip Hop/Ballet, Body Shock Street Dance, Open Mic Poetry, Swan & Go and for youngsters there will be Gym Joeys, Maracajacks and Muchachos. There will also be the opportunity to watch the Centre's film on plans to develop the onsite Cinema and to build new rooms.

Centre development manager, Allison McDonald Hughes says "The open day is about showing people all the great things that groups offer at New Park Centre, for residents to get involved in their local community centre and to find out what we are about. Many people already know about our acclaimed independent cinema but we have so much more to offer. There is something for all ages and abilities!"

Rod Stevens, Operation Manager added "The new Jubilee Hall building is very popular and we are getting fantastic feedback about it particularly as a venue for parties, special occasions and conferences."

The recently refurbished cafe-bar will also be open on the day offering a selection of hot and hot drinks, wines and beers. And freshly baked savouries-cakes will be on sale from Chichester based Picnic & Hamper Co'.

For more information please telephone 01243 536840, e-mail managers@newparkcentre.org.uk or visit www.newparkcentre.org.uk

SOUTH COAST
HUMAN RESOURCES

Take the stress out of employing staff with South Coast HR

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Arts & Entertainment

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12 Years A Slave (18)

FIVE out of Five stars

Running time: 133 mins
Director: Steve McQueen
Starring: Chiwetel Ejiofor, Michael Fassbender, Benedict Cumberbatch, Paul Giamatti, Paul Dano, Michael Kenneth Williams, Sarah Paulson

Steve McQueen's latest film is a flat out masterpiece, a magnificent, uncompromising and emotionally devastating slavery drama with a superb script, stunning direction and an extraordinary central performance from Chiwetel Ejiofor

What's it all about?
Directed by Steve McQueen, 12 Years A Slave is based on the memoir by Solomon Northup (Chiwetel Ejiofor), an accomplished violinist and family man living in upstate New York, who was abducted and sold into slavery in 1841. Renamed Platt by garrulous slave trader Freeman (Paul Giamatti), Solomon is first sold to relatively benevolent plantation owner Ford (Benedict Cumberbatch), before being sold on after a violent incident to new owner is Edwin Epps (Michael Fassbender), who is a violent and abusive man. He is also sexually obsessed with one of his slaves (Lupita Nyong'o as Patsey), which infuriates his malicious wife

(Sarah Paulson). Solomon however does what it takes to survive and attempts to maintain his humanity in the process, but as the years go by, Epps becomes increasingly unhinged.

The Good
Chiwetel Ejiofor is sensational as Solomon (certain to land a Best Actor nomination come Oscar time, if not the award itself), delivering a compassionate, deeply moving performance that, like the film itself, avoids easy sentimentality; pointedly, Solomon does what he can in the face of naked injustice, but he is not a heroic figure in the traditional sense and is savvy enough not to risk his life in the process. This culminates in a horrific and utterly devastating scene where he is forced to whip Patsey, one that's harder to watch than it would be to see Solomon himself being lashed.

The supporting cast are equally good, particularly McQueen's regular collaborator Fassbender, who makes Epps a much more emotionally complex character than the standard cut and dried evil master. There's also terrific work from Cumberbatch, Dano and Paulson, while even the smaller parts leave a powerful impression, notably Giamatti's casually breezy trader and Alfre Woodard as a former slave now living a life of luxury after marrying her besotted owner.

The Great
McQueen's direction is masterful throughout – he has dropped the more arthouse-inclined leanings of previous features so that the film plays like a straight Hollywood narrative, but the craft is undeniable, not least in a chilling and deeply upsetting sequence where Solomon gets saved from hanging but is left to dangle for the rest of the day with his feet barely touching the ground. The film is also packed with unexpected moments that are both jarring and unsettling, such as the sight of a defiant slave Solomon meets on the slave ship, who is joyously reunited with his master when they reach land.

Worth seeing?
12 Years a Slave is a powerfully directed, brilliantly acted and devastatingly emotional drama that's almost certainly headed for Oscar glory – unmissable.

chichesterwellbeing www.sussextaichi.co.uk

FREE Tai Chi in the park

Tuesday 29th October
Priory Park, Chichester
12.15pm – 12.45pm and 1.00pm – 1.30pm

Chichester Wellbeing invite you to a free Tai Chi session with

Sam Moor from Sussex Tai Chi.

Come and try this ancient form of relaxation to help you de-stress and unwind!

To book your place please call 01243 521041
or email info@chichesterwellbeing.org.uk

WIN 2 TICKETS AT CINEWORLD

FOR A CHANCE TO WIN 2 TICKETS, ANSWER THE FOLLOWING QUESTION:

Q. BENEDICT CUMBERBATCH PLAYS WHICH DETECTIVE IN A BBC TV SERIES?

A. SHERLOCK HOLMES
B. POIROT
C. MRS MARPLE

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 29th October 2013 at midday. The winner will be notified later on that day.

• Last weeks winner is Judi Lamdin from Birdham

Chichester Herald competition terms and conditions apply

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester
PO19 8EL 0871 200 2000

Haunted half term 'spooktacular' around the Chichester District

THERE S LOTS of spooky goings on around the Chichester District this haunted half term – do you dare to join us?

There are creepy craft creations, 'awful artefacts' handling, spooky stories, a bone collector's museum trail and chance to make a "skeleton on a string" at The Novium.

Young participants who dress up in their most frightful Halloween costume get free admission to The Novium.

More information on the activities can be found on the museum's website www.thenovium.org. To contact The Novium email thenovium@chichester.gov.uk or call 01243 775888.

Meanwhile there is a whole range of activities for sporty youngsters.

Westgate Leisure Chichester will be running a daily Burst holiday club, from 8.30am to 5.30pm, during half term for children aged six to 16 who want activities to do for the whole or half day.

There will be a variety of activities available each day with a wide range of equipment for the children to be creative. Activities on offer include:

- dance,
- inflatable swim,
- trampolining,
- table tennis and badminton,
- team sports,
- art and craft,
- bouncy castle, and
- soft play.

Come in Halloween fancy dress on Thursday 31 October.

The cost is £2.2 per child per day or £16 for a half day. To book a place please call Westgate Leisure Chichester on 01243 785651 or email lsargeant@chichester.gov.uk.

There are lots of sports holiday courses around the district for boys and girls aged six to 16. All the courses run from 10am-3pm and the cost is £7.50 per person per day.

The courses are:

- Rugby in the Community – on Monday 28 October at The Academy, Selsey delivered by Driving Force Rugby Coaching Ltd;
- Chi Sport Netball Camp – a new course for half term on Tuesday 29 October at the University of Chichester;
- Chi Sport Multisport Camp – on Wednesday 30 October at the University of Chichester, and
- Football in the Community courses – on Thursday 31 October at the University of Chichester and on Friday 1 November at The Academy, Selsey delivered by Albion in the Community.

Wizard at The Novium – will be reading stories at The Novium during half term.

A new Saturday morning sports programme for young people is being set up at the University of Chichester. Starting on Saturday 9 November it will include:

- a netball club from 10am-12pm for 11-16 year olds, and
- a multisport club offering sports activities from 9-11am for six to 12 years olds.

All coaches are fully qualified and are DBS checked for child safety.

For more information on the courses, please contact Chichester District Council's sports team on 01243 534857 or sport@chichester.gov.uk.

WHAT'S ON in your area...

• The next Air ACES talk is being held at the Chichester Park Hotel, Madgwick Lane, Westhampnett, Chichester PO19 7QL (behind Sainsbury's on the Chichester by-pass) on Monday 11th November 2013. The title of the talk is 'The Support Helicopter of Choice – the Chinook – and the part it plays in Afghanistan'. The speaker is Squadron Leader Craig Wilson (OC 'A Flight' 27 Squadron RAF Odiham).

• Charity Dinner Brasserie Blanc Chichester on Sunday 1st December. Tickets £30 per person which includes a 3 course meal (choice of meat, fish or vegetarian) glass of red or white house wine and coffee. Bottle of champagne for lucky ticket holder plus raffle with some great prizes.

50% of ticket price being donated to Dreams Come True.

Tickets available from Wendy Gray at Dreams Come True. Telephone 01428 726335 or e-mail wendy@dreamscometrue.uk.com.

• The Friends of St Richards Hospital will be holding a 'Spirit of Winter Fayre' at Great Ballard School Eartham, on 25th October 2013 from 10.30am – 2pm.

A large variety of Xmas and general gifts will be on sale together with produce from local suppliers. Refreshments will be available.

At 5pm Andy the owner of Hallidays Restaurant at Funtington will be giving a cookery demonstration to add some bite to the Christmas Table.

All Monies raised will go to the New Eye Unit at St Richards Hospital. For any further information please ring the Friends Office on 01243 831843.

• CHICHESTER PICKERS (The Chichester Acoustic Music Club) invites all who would like to sing/play their own choice of music – and those who would like to enjoy local musicians performing in an intimate and friendly gathering. We have players at varying levels but we are not judgemental.

We meet every second and fourth Thursday in the skittle alley of the Gribble Inn, Gribble Lane, Oving, PO20 2EP.

More details from Andrew@andrewperry.plus.com or 01243 776391.

• Autumn Production – The Thirty Nine Steps – 26th to 30th November. The Thirty Nine Steps – but not as you know it. Based upon Hitchcock's iconic film, this adaptation of John Buchan's spy thriller by Patrick Barlow (from an original concept by Simon Corbel and Nobby Dimon and by arrangement with Edward Snape for Fiery Angel Ltd) is both a rip-roaring yarn and hilarious comedy. Due to the play's huge popularity Funtington Players have added a Saturday matinee to the usual evening performances of Tuesday to Saturday inclusive. Tickets will be £9 each and will be available by visiting www.ticketsource.co.uk/funtingtonplayers the Funtington Players website at www.funtingtonplayers.org.uk, by telephoning the Box Office at 07565 464271 – or by post by sending a cheque to the Box Office at The Old School Hall, Mill Road, West Ashling, Chichester PO18 8EA (SAE please).

The Support Helicopter of Choice – the Chinook – and the part it plays in Afghanistan is the subject of the next talk by the Air Aces.

• Monthly meetings carried out partially in Welsh, rest in English all levels of Welsh welcome, meetings in members' houses, contact Geoffrey on 07968 215 256 or gbthompson@btinternet.com.

If you would like a non-profit or profit to charity event listed then send 70 words to events@chichesterherald.co.uk. All listings are subject to change without notice and mentioned here as supplied and in good faith. Chichester Herald cannot be held responsible for any changes occurring after publication.

Food & Drink

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Superior Indian cuisine with a difference

Fine Indian dining cooked using traditional tandoori cooking methods

Food and Restaurant Review

Portion size Perfect
Service Personal and friendly
Value for Money Exotic dishes at reasonable prices Set menus are very good value
Ambiance Mood lighting, unique decor and relaxed

A WARM welcome awaits from Michael and his team when you walk into the crimson-lit restaurant at India Gate, Merston. The interior decor and menu have been thoughtfully selected to offer a unique selection of Bangladeshi inspired dishes in a modern and relaxed atmosphere.

Tucked away on the Bognor Road, it is a hidden treasure for those looking for a true taste of fine Indian cuisine. The adventurous and varied menu is different to many other Indian restaurants in the area offering unique and exotic dishes such as Ostrich Tikka, lemon and tarragon squid and spiced crab dishes as well as pineapple and lychee infused rice dishes and spicy chilli dishes packed with a warming kick. The Mirchi Paneer starter is definitely worth sampling featuring whole chillis, stuffed with a rich, creamy cheese, covered in breadcrumbs and deep fried.

On a Tuesday, you can attend the locally renowned banquet night offering a number of dishes and courses at reasonable prices. Be sure to book your table in advance to avoid disappointment.

There is a choice of Indian lagers on tap as well as a wide choice of wines. The house red wine was a fruity and smooth Cabernet Sauvignon to compliment rich tomato and chilli sauces and red meat dishes on the menu.

Many ingredients are locally sourced which is recognisable in the fresh tastes of each dish, cooked to order. Quality is monitored before food leaves the kitchen by the owner, who takes great pride and attention to detail in every dish served. Even the lime pickle served with poppadoms is zesty, succulent and freshly made that day to offer a sensational taste. It is no surprise why the restaurant is full on the night we attended and clearly popular with locals.

If you are looking for a venue for a corporate event or just a casual dinner with friends, India Gate has the facilities to cater for all party sizes with a function room, bar area and large restaurant. They currently offer 5 course set price corporate menus as well as a Christmas Day menu which includes a glass of champagne and 5 courses for a very reasonable price. Take away service is also available with a 15% reduction on prices marked on the standard menu.

For more information or to book your table contact India Gate on 01243 783576/773242 www.indiagatemerston.co.uk India Gate, Bognor Road, Merston, West Sussex, PO20 1EH

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Tel: 01243 671155 or 671589
Email Mkbd2010@gmail.com

Tesco re-launches finest

Tesco finest, the UK's fastest growing premium food brand, has relaunched in the biggest investment in the brand since it began 15 years ago.

Over 400 new products are being launched and in all, three-quarters of the 1,500 products in the range will be either new or improved.

The finest* brand is worth £1.4bn in sales a year and according to Kantar Worldpanel data, is the fastest growing premium brand in the market. Over 12 million finest products are eaten in the UK every week.

And with the relaunch, Tesco is committing to lead the premium food market on quality and taste, reflecting how customers' tastes have changed in the past 15 years and the importance they place on provenance, sustainability, ingredients, freshness and seasonality.

Tesco UK managing director Chris Bush says: "finest* is Tesco's flagship food brand and our aim with today's relaunch is simple – to be the best product on the market. It is already the fastest growing premium brand in the market, and we've reviewed every product in the range to be sure it's fit to carry the finest* brand.

"We're confident finest* offers our customers the very best food in the market, at the accessible prices they expect from Tesco".

Tesco buyers scour the UK and the world to source the best products for the finest* range, and as part of the relaunch we have made hundreds of them even better.

So their finest* trifle now has a base of Boudoir fingers instead of plain sponge and uses Amontillado sherry syrup for a more authentic flavour. On their finest* beef steaks and joints they have introduced Aberdeen Angus and Dry Aged products for a richer and more succulent taste. And their finest* pasta now has one of the highest protein contents in the market (14%) for a superior flavour and texture.

Tesco finest* first launched in 1998 in just a few stores, with a focus on ready meals, and has since expanded to cover many categories of food. The relaunch is being supported by sponsorship of the current series of Downton Abbey, the nation's most popular drama, and by a multi-media advertising campaign which starts in mid October.

M
is coming

The wonder product

Denise Kelly

THIS IS A gem of a product that everyone needs to know about. I have just been on a retreat for the weekend and discovered the benefits of this wonderful product called MSM.

Technically, MSM is an abbreviation for methyl-sulfonyl-methane, which is organic sulfur compound. This compound is the third largest nutrient found in the human body and the clinical use of sulfur as an adjunct in our diet is becoming progressively more recognized for optimizing health. MSM is already well known for its joint health benefits, but it may be important for a whole host of other reasons too.

Sulfur is just now becoming more widely appreciated as a really critical nutrient, without which many other things don't work properly, and most people are probably not getting enough sulfur from their diet anymore. Sulfur plays a critical role in detoxification, and also in inflammatory conditions. For detoxification, sulfur is one of the most important antioxidants that your body produces. Glutathione also serves important functions for detoxification, but without sulfur, glutathione cannot work. So, while not an antioxidant by itself, part of MSM's action is to improve your body's ability to make its own antioxidants.

MSM can increase your energy levels and help with conditions like allergies and asthma as it performs a series of important functions in your body every day. A key source of sulfur is perhaps one of the most important nutrients required by our body, as it is present in the amino acids, which are in turn the basic building blocks of protein. It also has a series of other healing and preventive properties for the human body such as bone and joint care, therefore helping conditions like arthritis, rheumatoid arthritis and osteoarthritis. It also helps improve joint flexibility, reducing pain and swelling by improving circulation and cell vitality.

The detoxification effect MSM has is incredible. It increases the permeability of your cells, which means that it increases cells capability of flushing out excess fluids and toxins. The sulfur provided by MSM also produces generous quantities of collagen and keratin, both of which are vital for healthy hair and nails. In fact, MSM is often referred to as the 'beauty mineral' owing to its ability to add to enhance the thickness and strength of nails as well as hair in a very short span of time. Just when you think it cannot do any more, this little gem helps psoriasis, eczema, rosacea, dermatitis, acne and dandruff. It helps to maintain a proper pH balance, helps cure gastrointestinal issues such as diarrhea, nausea, constipation and hyperacidity and fantastically helps reduce snoring, when taken diluted with 16 percent water content! It is fabulous at reducing overall stress levels too! Wow, what a product!

MSM can help with conditions like asthma

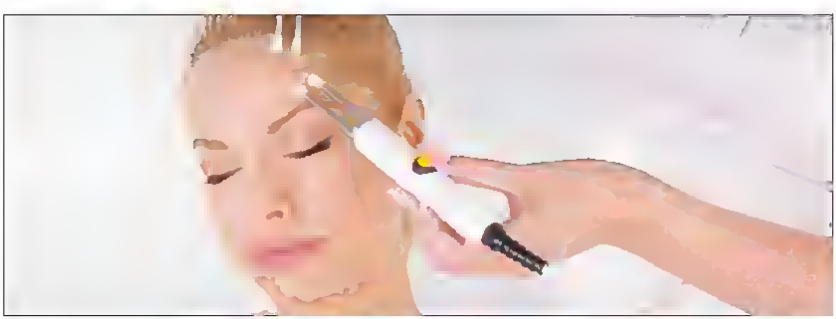
For a full consultation and Asyra Medical Test with Denise and to find out just what's going on in your body, please contact her on info@denisekelly.co.uk or 01243 528040

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex.

Fact: Sulfur is found in over 150 different compounds within the human body. There are sulfur components in virtually every type of cell, so it's extremely important.

Beauty Rooms Success!

DENISE KELLY finds out more about non surgical treatments as she finishes her third and final week at The Beauty Rooms in Chichester.



WELL, I am on the final leg of my Caci facial treatments at 'The Beauty Rooms' in Chichester and I am completely impressed by the condition of my skin. On session 6, 7, 8, 9 and 10 the intensity is really ramped up and the current feels so much stronger, but not at all unpleasant. My skin feels firm, plumped and younger looking and the compliments are flying at me fast (Bring it on!).

One of the things in the beginning of my discussions with the girls that worried me about having the treatment was the amount of time it was going to take up. 10 sessions, at one hour each for every treatment, was going to be hard to find 3 days per week. However, it's amazing how you can magic hours out of nowhere when you really want too. It's a bit of a life lesson for me actually, that you can make time when you need too, and it's been a wonderful relaxing experience that I am actually going to miss. I will of course be popping in for my maintenance Caci treatments once per month, to keep it fresh, but on the whole I am so glad and feel very lucky that I have had this opportunity.

As I mentioned in previous articles, a real bonus for me has been the beautiful natural product, Pevonia, which they use alongside the Caci treatment, that enhances the treatment making The Beauty Rooms top of my list for outstanding skin care. You see, Pevonia has a 'Green' commitment and since 1991 has utilized organic ingredients for all its formulations. Trusted and reputable worldwide providers supply the ingredients to them guaranteeing the origin and purity of natural, (from land and sea) botanical and organic ingredients and extracts. In their natural 'raw' form, most ingredients cannot penetrate the skin. E.g., mashed up avocados. The big molecules will sit on the skin as they do with synthetic ingredients, which can also cause sensitivity in the skin. Pevonia products are produced in such a way that they penetrate to the germative, basal cell layer, therefore giving the skin the most benefit.

Of course, eating a healthy balanced diet, not having too much caffeine or alcohol and avoiding smoking, will help the appearance of the skin, but this Caci treatment, combined with the beautiful natural and organic skin care products has really made a visible difference to the appearance of the lines on my face. It feels fresh and plumped, looks great with or without make up and much more radiant.

Perhaps now would be a good time for me to stand in the street and ask people how old I look?

For more information about the Caci non surgical face treatment and everything else The Beauty Rooms offer please visit www.thebeautyroomschichester.co.uk

Or info@thebeautyroomschichester.co.uk

The Beauty Rooms, 10, Westgate, Chichester, West Sussex, PO19 3EU. Tel: 01243 539571.

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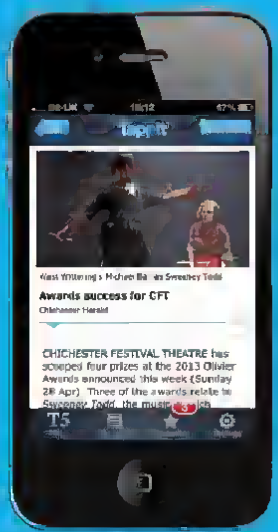
Awards success for CFT
Chichester Herald
CHICHESTER FESTIVAL THEATRE has scooped four prizes at the 2013 Olivier Awards announced this week (Sunday 28 Apr). Three of the awards relate to

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Going 'au naturale' with a new beau takes a month for women

THE AVERAGE woman will wait four weeks and a day before she lets a new boyfriend see her without make-up, a new study has revealed. The research has shown that most women wait until they have been seeing someone for around a month before taking the plunge, going make-up free and bare faced.

Women that took part in the study said they feel far less attractive, less confident and more vulnerable without a full face of make-up.

And six in 10 ladies want to be sure a prospective partner likes them enough before revealing their true looks.

In the lead up to baring all, women will think nothing of nipping to the bathroom in the middle of the night to touch up their make-up, or get up early to ensure their new beau doesn't witness their bedraggled morning appearance.

Sarah Sharp a spokeswoman for Superdrug who conducted the survey of 2,000 single women said:

"It does take a while for women to feel comfortable with a new partner and make-up can act as a shield for many females.

"The research indicates that for many women wearing make-up isn't just a way of looking attractive, it's much more than that, it's a way to be confident and project an image.

"Many women consider going au naturale in front of a new partner quite a serious step, they are exposing themselves completely."

The study shows that nine out of 10 women want a new partner to think they are beautiful and well turned out at all times, and as such always try to make sure their make-up is perfectly applied for the first few dates.

Girls admit they would spend at least 40 minutes getting ready to meet a new boyfriend, picking out the most complementary outfit and ensuring their hair is as perfect as their face.

Six in 10 women claim they are extremely careful that a new boyfriend never sees them without make up, and reapply it frequently during the course of a date.

A third of girls polled admit to running to the bathroom immediately after staying over at a partner's house for the first time, just to re-apply their make-up.

And a third of women are convinced that if they had let someone see them without make-up too early into a relationship, it wouldn't have gone anywhere.

Just under half of ladies would worry that a new partner would find them less pretty without make-up, while a fifth think they would be shocked at how different they look.

Looking older and exposing unwanted wrinkles are other reasons why women prefer to reach for the cosmetics bag before meeting a new man.

How to be the best housemate at uni

IT'S A FEW weeks into your first term at university, and there's no doubt you're loving every minute of it.

Being away from home is amazing (sorry mum), the nightlife is great, and your accommodation with a difference is living up to your high expectations. But whether you're in Chichester, Portsmouth or Brighton, it can be easy to get carried away with the jager bomb train. So here are some tips to ensure you stay the best housemate at uni ever, whilst still having the time of your life.

Sharing is caring

Ok, so no one likes to share, but no one likes the person who won't even more. After doing the whole IKEA shop, it can be a teeny bit frustrating if your flat/housemate practically always has baked beans in one of your saucepans, but as long as they don't take the mick, just go with it. Same goes for if you are the one doing a lot of borrowing – look after peoples' stuff. You don't have to be a kitchen martyr, just be nice and respectful and make your Nan proud.

Keep it down

At the risk of sounding like a grumpy man on a bus, try to keep noise down especially when you know your housemates have work to do/aren't well/are sleeping. Everyone loves having fun, but occasionally at uni you'll have the odd essay to do, and it will be a heck of a lot harder to get it done with your 'lallah beatz' next door.

Pay your way

You're all poor, so contributions to things like milk, washing up liquid and loo roll should be fair. There are plenty of ways to organise this, such as rotas or having a money pot. Don't be that guy who swears they'll 'sort you out' next month.

Make an effort

If it's 5pm and you've just fallen through the door after all-day lectures, to see your housemates who have all had the day off so are sitting in their pjs playing GTA, having a chat might not sound like top priority. However, try and make an effort, or at least stick the kettle on. Also good to try extra hard with the flatmate who's a bit more shy and reserved. It's nice to be nice, after all.

Clean it up

Remember all those times your mum was tearing her hair out as you left trails of destruction everywhere you went. This can easily be avoided if you pick up the Hoover now and again, and wash up after yourself. Break the student stereotype and live in a nice, clean pad. Your mum won't know what to do with herself when she visits.

Horoscopes

Horoscopes from Kimi
25th – 31st October

Aries 21 March – 20 April

You are wondering whether or not you have made the right decision: you should trust in your own judgment more things may well turn out better than you anticipated. There is the possibility of a disagreement or even quarrel with your nearest and dearest. This will not be a deal breaker and you could in fact have fun making up!!

Taurus 21 April – 21 May

At one time you thought you were mad to have those suspicions. But a declaration made this week or a secret unveiled will confirm them. So rather than a gasp of shock you will breathe a sigh of relief. Whether single or in a couple this is a good week for quiet dinners for two not hell raising parties.

Gemini 22 May – 21 June

You will find it difficult this week because you know a firm decision has to be made and you are fearful of making the wrong one. Don't despair the solution is right under your nose. Any movement on the romantic front will also be the subject of discussion this week. But don't be too business-like try to have fun!

Cancer 22 June – 22 July

Your emotions are running high this week and you find yourself reminiscing about past times and loves. So much of what is happening now seems a replay of then. Be careful very careful. There's a hint of rose coloured glasses here. Ask yourself was it really that good? Get a dose of perspective and a measure of friends that'll help!

Leo 23 July – 22 Aug

Have you heard of the hair shirt? Well you don't have to wear it. You're not the only one who can fix things and you have more choices than you think. Be open to lover friends family and colleagues they need you as much as you need them. A trip to the theatre or sporting event should provide a diversion.

Virgo 23 Aug – 23 Sept

That person at work you had your suspicions about and thought might be duplicitous, you're right they are. But they are also cunning so extra caution is needed to tackle this bad boy! Get everyone onside before you expose them. Travel and entertainment are forecast so there is the possibility of a sensational trip to see friends or family soon.

Libra 24 Sept – 23 Oct

Don't get involved in petty disagreements at work. Remember you can't please all of the people all of the time. The project you are working on right now could be the biggie in terms of career development. Take control and keep your cool. If this job is successful there is the possibility of travel. Increased finance and job satisfaction!

Scorpio 24 Oct – 22 Nov

You're good at delivering difficult news or tackling awkward subjects but how good are you at receiving this sort of information? Someone close wishes to air an issue which is, not as yet, a full blown grievance. If you listen openly you may well find that you reach a new understanding which may benefit you both long term.

Sagittarius 23 Nov – 21 Dec

Your love life should be taking centre stage anytime soon. If you are single be ready for some surprises. Not only will you be shocked by whose interest you have captivated but you will also be stunned at your own response to such a revelation. If you are already taken you are in for some heady romantic days and nights!

Capricorn 22 Dec – 20 Jan

We know you are hard working and sometimes your expectations are difficult for others to live up to. Take a deeper look and you will see that someone is doing their best. There are other areas where you can be a little judgmental too. Be careful you may not spot the expression of gratitude, sorrow or apology sincerely given.

Aquarius 21 Jan – 19 Feb

Off with the old and on with the new as they say. Change is on its way. This could be a change of career or location, perhaps to far flung places. Embrace it fully and you will prosper both emotionally and financially. But you'll need to keep loved ones apprised of these changes if you are to avoid conflict!

Pisces 20 Feb – 20 March

Things are about to happen that could bring more stability and tranquility into your life. There could be career opportunities opening up. Investments paying out or you may receive a small gift or win. The security this financial improvement brings will act as a catalyst for an improvement in your well being and personal relationships. Enjoy it: you deserve it!

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A couple's guide to London

IF YOU'RE AFTER a romantic break for yourself and your partner, London is a great choice. It's near, so easily accessible, and has a vast amount of amazing romantic activities to send you both starry-eyed.

London is a city that is famed for all-year round romance – here, amorous antics aren't restricted to February 14th. Whether you're planning your capital get away in the summer, spring, autumn or winter, you're sure to show that important person in your life just how much you care.

Here's a handy list of some of the best, including things for every budget, taste, and some that offer something a little bit different.

Chocolate walking tours
What could be more appealing than a partnership of chocolate and... well... your partner? The London Chocolate Tours in Chelsea/Knightsbridge offer an exploration of the origin of chocolate, with a few (necessary!) samples of chocolate and hot chocolate along the way. There's also the option to try chilli chocolate ...if you can stand the fire!

Theatre breaks
This is good for centring your whole trip around. Find great London theatre breaks by coach and let coach holiday companies do all the hard work for you. Engross yourself in a live masterpiece in London's famous West End, and relax knowing your hotel and transport has been taken care of. These are also particularly great for those with high standards, as coach holiday providers have a team of experts who are dedicated to finding you the very best hotel for your funds, and are on hand if you should need any further assistance.

Pay a visit to John Keats's house
Known for being one of the most romantic poets of all time, this is a great choice for lovers as his home for his short 25 years of life has been transformed into a museum. It was this home in Hampstead where he wrote his most famous piece 'Ode to a Nightingale', in love of his neighbour, so take a pen and paper, and see if you or your loved one gets inspired!

Dine at Dans le Noir
An alternative (and very unique) choice for new couples, this restaurant is free from any kind of light – both natural and artificial. The waiters are blind, and lead you through the pitch black restaurant and serve you food (meat, vegetarian and seafood options available) without knowing what you're eating. This is truly an experience for those who want to find their soul mate based on personality, or for those long-lasting couples who want an experience of an evening with their partner from a different perspective.

Take a dinner cruise along the Thames
With a variety of companies offering different options, you'll definitely find something to spice up your evening with a dinner cruise tour of the Thames. Renowned for their luxury, food quality and exceptional service, these allow couples the chance to see London's sights from a different perspective, whilst enjoying a romantic meal and champagne. Many providers also have on-board entertainment, lasting anything up to 11pm.

Brits happy to honeymoon at home, new survey reveals

THE UK may be an increasingly attractive honeymoon option for newly-wed couples, according to a recent survey.

The YouGov poll, commissioned by Sykes Cottages, found that more than six in ten (62%) UK adults would consider having their honeymoon in the UK, with Scotland (26%) and the South-West (24%) named as the most popular destinations overall.

Although saving money was one of the biggest reasons (36%) why respondents would consider honeymooning at home, almost half (45%) of those surveyed said they would consider revisiting or exploring part of the UK with their beloved. An eager 23% said they would honeymoon in the UK to reduce travel time.

When it came to the kinds of honeymoon newlyweds would want to go on in the UK, luxury breaks were a firm favourite, with 42% of respondents desiring an indulgent holiday. Coastal honeymoons were just behind at 41%, followed by a holiday in the countryside (38%). City breaks and spa breaks were also popular choices, with 19% and 14% of the vote respectively.

And when it came to lovemaking, it seems the British reputation for being unadventurous is ill-deserved. While the majority (56%) would keep it traditional in the bedroom on their honeymoon, 32% would venture to the living room, 30% would make love in a hot tub and 29% in the shower. Men tended to be more adventurous than women, with one in five (22%) choosing the rather unconventional lovemaking setting of the stairs, compared to 12% of women.

St Ives

"The honeymoon traditionally marks the start of a newly-married couple's life together. While many of us still jet off somewhere exotic, it's great to see that so many people consider the UK a viable option – and not just as a way of saving money," said Tom Lowes of Sykes Cottages. "The dramatic landscapes of Scotland were a particularly popular backdrop to this exciting milestone in a new couple's life. Luxury breaks were also very popular – and perhaps made all the more affordable for being UK-based."

Luxury New Year's Yoga break to Marrakech

HEALTHY HOLIDAY COMPANY Satvada Retreats has created a five-night luxury New Year's break to Morocco from 29 December – 3 January, for those who would rather relax, exercise and see in the New Year with like-minded people, than party till dawn and regret the consequences.

Comments Lucia Cockcroft, Director of Satvada Retreats, who has been practising and teaching yoga for 15 years: "New Year's Eve can be an awkward time of year for people who don't like to feel pressurised into partying.

"We have created this break to enable those who would still like to get away for New Year, to indulge in some gentle yoga exercise with like-minded people, and still raise a glass or two to celebrate the arrival of the New Year without going over the top."

Accommodation for the holiday is in a traditional, six-bedroomed riad, located in the heart of the Marrakech Medina, just a short walk from the central Jemma el Fna square, which bursts into life at dusk every evening when the musicians, snake charmers, acrobats and food vendors arrive to ply their trade.

The riad has been thoughtfully restored to an exceptionally high standard and with exquisite attention to detail, and with high regard for the environment.

The Riad's communal areas include a library (with open fire), beautiful courtyard (where the yoga will take place) with plunge pool and a spacious roof terrace, complete with chairs and white sun loungers for soaking up the sunshine.

The riad also has a massage room and hammam with bookable treatments.

The holiday costs from £899 per person (two sharing a room) which includes five- nights' accommodation, two daily 90-minute yoga classes, daily brunch, four evening vegetarian meals (including special four-course New Year's Eve dinner), one hour's hammam treatment, and a half-day guided tour of the Medina.

Flights are not included but at time of writing cost around £250 return with Easyjet/Ryanair.

Single travellers are welcome to share a room with a member of the same sex to avoid supplements. Room upgrades, single room occupancy and additional nights are also available at a supplement.

For further information or to book, visit satvada-retreats.co.uk

On the water

ALL THE LATEST WATER SPORTS NEWS IN CHICHESTER

Itchenor Sailing Club offers free Winter Membership for club events and activities

ITCHENOR Sailing Club, situated in the idyllic location on the edge of Chichester Harbour, is once again offering free winter membership to anyone wishing to use the club facilities and attend organised events throughout November – March.

The members-only club has a rich sailing heritage and history of sporting excellence. With its Grade II listed clubhouse and stunning coastal views, it is the perfect place to relax by the roaring log fire, enjoy the fine dining or attend one of the many organised events taking place.

Winter membership at Itchenor Sailing Club is available on application, giving access to the clubhouse and winter programme of events, which include music nights, organised talks and culinary classes. The full listing of events can be found on the website – www.itchenorsc.co.uk.

As well as many new and diverse activities there are also some regular favourites returning, such as Itchenor's Sunday Roasts which take place in the Clubhouse each week and offer guests a superb lunch with a choice of England's finest roast beef, lamb or gammon. Open to all members and their friends and family, prices start from just £9.95 per person.

Winter membership is free of charge. Application forms are available from the Club Bar on the first visit or by contacting the office on 01243 512400 or office@itchenorsailingclub.co.uk. Winter members are issued a membership discount card, on which to put credit. The card provides a 10% discount on all non-event purchases from the Bar and Buttery, including the popular Itchenor Sunday Roast.

The sailing club is also running pre-bookable Christmas parties on various dates throughout December, enabling groups of friends or work colleagues to book a table and enjoy an evening of Christmas cheer. Available for groups of 8 up to 100, the package includes arrival drinks, a three-course festive meal and disco for £38.50 per head.

To find out more please visit www.itchenorsc.co.uk or contact the Club office on 01243 512400 or at office@itchenorsailingclub.co.uk.

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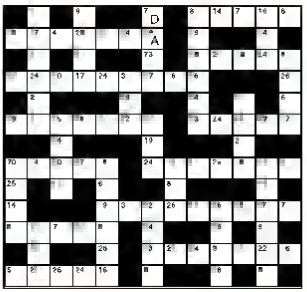
Brain Gym

No.141

Codeword

Each number in the grid represents a different letter of the alphabet and every letter of the alphabet is used. Use the given letter(s) to the right of the main grid to start you off.



1	14
2	15
3	16
4	17
5	18
6	19 A
7 D	20
8	21
9	22
10	23
11	24
12	25
13	26

Last week's solutions:

R	E	I	V	N	M	P	X	H	F	T	D	Y		
K	Q	Z	L	S	G	W	C	U	B	O	A	J		

Wordsquare

R	N	L
L	A	B
I	I	T

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 'ing' are permitted. There is one 9-letter word to be found.

How you rate:

15 words - average;
20 words - good;
25 words - very good,
30 or more - excellent.

Last week's solutions.

nerts cadet cadie cheshed chide chides cadet cried cried decnes their cheice desire, dine rices dies dire dise dish dines elder, heed heeds herd, herns, hide hides hied hind, ired ides, reed reside rife, rides rifs, screed seed shied sherd shied shred side sired

Double Crossword

Choose either quick or cryptic clues.

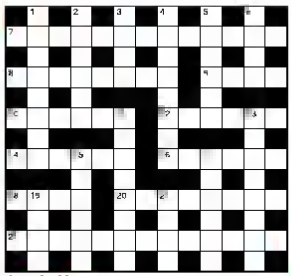
Cryptic Clues:

Across

7 A grave charge? (4-9)
8. Not the down chorus, presumably (4,4)
9. It gets me back in the newspaper (4)
10. Its employer doesn't want to leave a final mark (5)
12. Foreigner installed in the desk I'm quoted from (6)
14. This system has point (6)
16. Withdraw a direct on to surrender (6)
18. A little lower down the leg (4)
20. Even its pursuers want to be (5)
22. Returns without having made any deduct ons (5-9)

Down

1 Meet a number on the border (8)
2. They have beastly laughs (8)
3. Prepare for take off? (4)
4 Walks and causes amazement (6)
5. It's a scream. (5)
6. A joint account at the bank needs part of it (4)
11 A patient is better after it (8)
13. Sh p's officer about to prepare a book to make one think! (8)
15. Say no, it's useless (6)
17. Belief in solvency? (6)
19. Melodies people may put on (4)
21 Resort looks agreeable on paper (4)



Quick Clues:

Across

7 Disputable (13)
9. Throttle (5)
9. Merit (4)
10. Sake (5)
12. Inflict (6)
14 Adept (8)
16. Company of performers (6)
18. Girl (4)
20. Slow (5)
22. Unkind (13)

Down

1 Citadel (8)
2. Layers (6)
3 Yearn (4)
4. Abandoned (8)
5 Slumbering (6)
6 Just (4)
11. Diabolic (8)
13 Divided (8)
15. Result (6)
17 Clamour (6)
19 Mother's sister (4)
21 Swimming-pool (4)

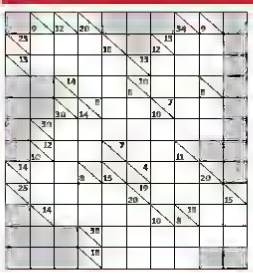
Last week's solutions
CRYPTIC Across 1 Slow 5 Over thrown 9 Jobber 10 Fact 12 Groove 14 Stunt 15 Mislead 17 Refuse 18 Veal 19 Diplomat 21 Schoolmarm 22 Read Down 2 Tender love 3 Weal 4 Settle 5 Storks, 6 Propound 7 Knot 11 Cat's cradle 13 Overlook 16 Twirl 17 Pegar 18 Was, 20 Over QUICK Across 1 lots 6 Strike dumb, 9 Pleasant 10 Acts, 12 Efface 14 Heeded, 15 Guards 17 Saturn 18 Ages 19 Reclaims, 21 Above board, 22 Send Down 2 On all fours 3 Axis, 4 Greaser 5 Sketch 8 Adjacent, 7 Elbis, 11 The Kremlin 13 Abrasive, 16 Scribe 17 Social 18 Alas, 20 Adds

Circlegram

Replace the question mark with a letter so that the letters within each circle can be arranged to form words on a common theme. What are the three words and the letter represented by the question mark?

Last week's solutions
The letter represented by the question mark is T. Stewart, Alherton. Boycott all former England cricketers

Kakuro



Fill in the white squares with numbers 1 to 9. Each horizontal block must add up to the number in the shaded square to its left, and each vertical block to the number above. Numbers may be used once in each block.

Last week's solutions

Scribble pad

Alphamuddle

Rearrange the letters in the grid to make five words that read both across and down. Five letters have been placed to start you off.

			E	
A				
				R
		A		
	T			

A

W	R	A	V	E
E	A	S	E	T
R	A	L	E	R
D	E	C	E	S
C	R	A	S	T

B

Last week's solutions
First, Irate Radon Stops Tense

Sudoku

Fill in the grids below so that every column, every row and each of the 3x3 boxes contains all the digits from 1 to 9.

Last week's solutions > From left to right: Simple, Intermediate, Difficult

Simple

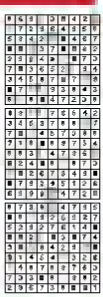
	3	8		5			2	
5		7	3	8			4	
2	9				1			8
		6		9		4		
1	4		2		7			6
		3		1		9		
			1				9	5
3	7			4	8			1
	8			2		7		4

Intermediate

				1		3		6
4		8			7			9
	3		2			8		
	6				4		2	8
5			6	2				3
2	7		1			6		
	8			3	2		4	
1			5			8		
7				9				2

Difficult

3	2				9			
6			2		3		8	
7				5				9
	1						9	
		9				7		
	5						4	
5				4				2
	7		8		8			5
			5				6	8



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How to add value to your property with smart home improvements

THE RISE in home makeover and property buying television shows has prompted many homeowners to make changes to their own homes. With an increasing number of people looking to renovate instead of move to a new property, we look at the home improvements that are really paying off by adding value.

It's all too easy to think of home improvements in terms of what it can offer to the way we live but if you plan to sell your property in the future then it may make more sense to tailor improvements according to what appeals to most buyers.

What home improvements can ensure that you live comfortably whilst retaining your home's attraction for future buyers?

Extend

Adding extra living space is bound to make it more valuable and appealing to any future buyers. Every extra square foot that can be used for another room or make a room bigger is sure to add value and is one of the most profitable improvements that you can make.

If you want your property to stand out from the rest of the market is by creating additional space with a loft conversion. Use it as an extra bedroom or office space.

According to HSBC Home Improvement Survey, experts have put a loft conversion top of the list for improving value – by £16,152 on average.

Update Your Home

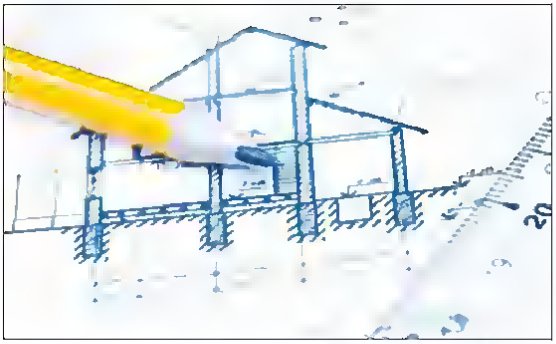
Make sure that your home is energy efficient. Update the heating system and similarly, double glazing is a must in windows and doors for many buyers. The styles and materials should be in keeping with the rest of the home to make it more appealing.

Anglian Home offer upvc windows for your new home with double glazing, and the innovative EcoCam windows, which will not only make the home more energy efficient but will help owners save money on their energy bills too.

Upgrade Your Kitchen

If you can only have time and money to improve one room then the kitchen is a good room to choose. As far as getting a return on investment is concerned, the best money is in upgrading or even just remodelling the kitchen.

The value of any home is in its saleability and a home with an outdated kitchen simply will not appeal to homeowners. If a complete upgrade is out of the question then simply replacing old countertops with new ones, replacing cupboard doors and getting new handles as well as updating appliances is more than enough to update a kitchen's look.



According to the latest HSBC Home Improvement Survey, a new kitchen will add an average of £4,577 to a property.

A Makeover

You want to give any visitors or future buyers a good first impression. First impressions start as soon as they pull up at the gate. Make sure your driveway is clutter free and update your front door. It's the perfect way to make an impact with a sense of elegance and style. It makes a statement and says a lot about you as the current owner.

What home improvements are you making this year?

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Online video guide to buying property abroad helps emigrants prepare for the big move

AROUND 400 British citizens emigrate every day, according to figures from the Office for National Statistics, and the number has increased by 20 per cent over the last three years. With more and more people planning to move overseas, it's vitally important for them to do their research and to take the time to consider all the implications, and this includes what they do with regards to property.

An online video guide to buying property abroad, produced by BuyAssociation in partnership with the Foreign and Commonwealth Office (FCO), can be accessed, free of charge, at footravel buyassociation.co.uk. This is a ninety second teaser version of the video, with an option to click through to the full version.

The video outlines key information that people need to know before buying a home overseas. FCO staff join industry experts, from estate agents and overseas property lawyers, to foreign exchange companies, private health experts and lettings agencies, to provide first-hand tips on buying a home overseas, as well advice on moving abroad to live.

Caroline Roberts, Chief Executive of BuyAssociation, says: "It's vitally important that prospective buyers research their destination thoroughly, take independent advice, consider their personal circumstances carefully and plan for the long term. Our online video will help them to do just that – it's packed with essential hints and information, and covers the vital issues that should be considered during the buying process."

The video complements a new warning from the FCO to British nationals who are considering a move abroad, advising them to plan for the unexpected before they move to a new destination. Its consular staff across the world have dealt with a high number of British expats requiring assistance for financial issues – whether as a result of a house purchase gone wrong, having inadequate funds to pay for medical bills or experiencing some other misfortune that has resulted in financial hardship.

For those considering joining the six million British nationals currently living abroad, the FCO has put together a checklist to ensure a smooth transition into expat life and beyond.

Top Ten Tips for Moving or Retiring Abroad

1. Do your homework – Research your destination, visit forums and expat community resources to help get a feel for the area.

2. Read up on local laws and customs – Familiarise yourself with local regulations and customs, don't get caught out because you haven't done your research. Visit gov.uk/knowbeforeyougo for more information.

3. Don't rush into buying abroad – Take time to visit the area and other properties nearby, don't be rushed into decision and ensure you are familiar with local protocol.

4. Seek independent legal advice – Don't feel under pressure to use your property developer's or estate agent's contacts, check out the gov.uk website for the Foreign and Commonwealth Office's English-speaking lawyers lists – it is vital that your legal advisor understands the law in the country you intend to move to. Visit gov.uk/government/organisations/foreign-commonwealth-office/series/list-of-lawyers

5. Plan for your health – Once you permanently leave the UK you are no longer entitled to medical treatment under the NHS or via a European Health Insurance Card (EHIC). Be sure to take out health insurance and if you are staying within the European Economic Area (EEA), read up on the S1 form (previously known as the E121 form). For more useful information visit nhs.uk/NHSEngland/Healthcareabroad/movingabroad

6. Consider your long-term financial requirements – Read up on the impact moving overseas may have on any benefits or retirement income received. Be realistic about your living costs overseas, don't assume they will be the same as at home. Do you have a plan B if things go wrong? Visit gov.uk/state-pension-if-you-retire-abroad

7. Read up on tax regulations – Be sure to research the taxes that will be applicable to you in your new home (as well as back in the UK) once you have moved abroad at hmrc.gov.uk/incometax/tax-leave-uk.htm

8. Know the costs – Don't forget to take into account exchange rates and potential financial implications of moving overseas.

9. Tell us you're leaving – You need to notify the Social Security Office, HM Revenue & Customs and the Department of Work & Pensions that you are moving overseas, as well as your GP. For a full list of who to contact, visit gov.uk/moving-or-retiring-abroad.

10. Integrate – An essential part of a successful move abroad is integrating into the local community. Try not to isolate yourself and do make an effort to learn the local language, this will play an important role in helping you settle in to your new home.

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CRAIGWEIL-ON-SEA **£237,500**

A two bedroom ground floor flat situated in a private road within three hundred yards of the beach. G.F.H., u.P.V.C. double glazing, a 17' triple aspect living room, two double bedrooms, a refitted kitchen, refitted bathroom, a garage and a private South West facing rear garden. EPC Rating E

FORD **£795,000**

A detached cottage style house set in approx two acres of ground offering superb sweeping rural views. The property has potential for further development if required. Cloakroom, entrance hall/study, dual aspect living room, dining room, good size kitchen, separate utility room, master bedroom with en suite shower room, two further bedrooms, second shower room, detached triple garage with studio/office over, heated swimming pool and hot tub, 2/3 timber garden store. EPC Rating E

ALDWICK BAY ESTATE **£670,000**

A spacious detached house situated in quiet cul-de-sac of private marine estate within 100 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H., u.P.V.C. double glazing, fascias & soffits, cavity wall insulation, cloakrm, lounge/dining rm, sitting rm, kit/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, hallway, integral garage and gardens including a secluded courtyard garden with heated swimming pool. EPC rating is D

ALDWICK **£395,000**

A well presented detached family house situated in a peaceful cul-de-sac approx. 400 yards from the beach. Cloakrm, light & spacious open plan lounge/dining rm, kitchen, separate breakfast area (currently a study), four bedrms, spacious bathrm, a double garage and easily maintained attractive Southerly rear garden. EPC Rating D

ALDWICK BAY ESTATE **£270,000**

A very well presented first floor apartment situated in a small development approx. 150 yards from the private marine estate. The apartment has been made the subject of a programme of refurbishment and modernisation and includes g.f.h., u.P.V.C. double glazing, dual aspect living rm with windows to South and West, attractive kit/breakfast rm, two bedrms, fully tiled shower rm, garage in nearby compound and use of landscaped communal gardens. EPC RATING C

PAGHAM **£219,000**

A well presented two bedroom semi-detached bungalow situated in a cul de sac approximately 400 yards from shops and the beach. Bus services to Chichester and Bognor Regis are available around a 100 yards away. The current owners have modernised and refurbished the property in recent years and the specification now includes, gas fired heating, double glazing, u.P.V.C. fascias & soffits, living room with patio doors overlooking the delightful rear garden, refitted kitchen, bathroom, parking & rear garden. EPC RATING D

ALDWICK **£149,950**

A one bedroom close care apartment in the grounds of the Royal Bay care home, purpose built to be elderly user friendly with many safety features and the availability of any level of assistance from the care home, gas ch, double glazed, living room, kitchen, bedroom, bathroom, personal patio area. EPC rating C

Motors

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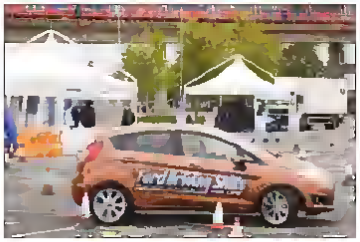
Ford trains first young drivers as Ford Driving Skills for Life kicks off



FORD DRIVING SKILLS for Life, Ford's free young driver training programme was launched in the UK last week, with major events in London and Manchester.

In total more than 500 people registered for a maximum of 300 places available over three days of training at ExCel in East London and the intu Trafford Centre in Manchester.

Feedback from participants, who were between 17 and 24 years old, proved that the training exceeded their expectations, with most saying they felt more confident in their ability to drive. A large percentage also said that they would have liked to see the training introduced to the regular UK driving test.

Manchester University student, Ryan Harrison, who took part in the free driver training, said: "I've learned so much today, especially in the skid car, learning what I've done wrong in the past without realising it and where to put my hands on the wheel. It's a really good course. I'm going back to uni to tell everyone about it."

Poplar and Limehouse MP, Jim Fitzpatrick, visited Friday's training session at ExCel London to experience Ford Driving Skills for Life and commented: "As an ex fire-fighter of 23 years I've seen some very serious accidents, so Ford Driving Skills for Life has my wholehearted support. Educating young drivers about the potential dangers they face as new road users, and more importantly, how to prevent accidents happening can only be a good thing."

Plans are now in development for future training sessions, which will be announced early next year. For more information, visit forddsfl.co.uk.

Gocompare.com enhances insurance comparisons with Defaqto

GOCOMPARE.COM has teamed up with financial research company Defaqto, in an exclusive partnership, to allow its customers to easily compare up to 30 additional policy features when searching for their car, home or pet insurance cover – and review the Defaqto star rating for each policy.

Since Gocompare.com launched in 2006, it has been committed to comparing policy features rather than just price, and was the first comparison site to clearly display the levels of cover provided by insurance policies. Now customers who search for a car, home or pet policy via the comparison site will also have access to additional independent policy information provided by Defaqto, enabling them to analyse their quote results in even more detail.

The additional policy details are available via the Gocompare.com results screen once an initial quote has been completed. From here, customers can compare a wide range of policy information, presented in an easily digestible format. Customers can view cover details such as whether a home insurance policy provides subsidence cover, and whether a car insurance policy offers child car seat cover or audio cover, for example.

In addition, customers can find out more detail about a company's claims service and clearly see any charges or excesses that are made by an insurer if they need to make a claim, or cancel or make an adjustment to their policy.

Mark Greening, head of home services, from Gocompare.com, commented: "This partnership with Defaqto is part of our ongoing commitment to making our insurance comparison services as clear and transparent as possible for our customers. Although comparison sites have helped to make the process of searching for insurance cover as simple as possible, it can still be difficult to work out exactly what cover you've got. Everyone's circumstances are different and what's important to one person won't necessarily matter to someone else, but now customers will be able to see the key features of each policy far more easily before they buy.

"Whichever way you purchase your insurance there's a good chance that you won't fully understand the levels of cover available unless you read the policy booklet in full, and we'd always recommend customers do that. However, by increasing the level of detail that our customers can see before committing to a purchase, and making it easily accessible, we hope that it will lead to more informed decisions and help people buy the right level of cover for their requirements."

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Straight from the commentary box

It got me thinking of great goals over the years

Johnny Cantor

THERE ARE very few people in the world of football who can successfully pass off wearing a cravat. The Exeter City manager Paul Tisdale is one. Another is French football journalist Phillipe Auclair (Ok yes he's also a singer, songwriter and producer). After last weekend's football extravaganza he pointed out that despite all the wonderful goals in Arsenal's win over Norwich it was a game of good goals, not a good game of good football. In fact he was right.

Jack Wilshere completed a wonderful move that had pundits and fans purring. No sooner had the black smudge from the papers moved from my hands to the latchen table and Pajtim Kasami thumped in a volley on Monday night that Fulham boss Martin Jol felt was better than Marco Van Basten's strike at Euro 88. A sweet, sweet strike. It got me thinking of great goals over the years. Di Canio's scissor kick? Trevor Sinclair overhead? Dennis Bergkamp twisting and turning at the World Cup? (Sorry Maradona not allowed).

Of course Wilshere's goal is totally different to Kasami's. Team v Individual. It's difficult to rank all goals but sometimes it's the importance and relevance of a goal that can give it prominence. Ricky Villa at Wembley in the Cup Final lingers long for Spurs fans. As for Albion supporters the names Storer, Renealt, Ward, Zamora will always stand out. But what is the finest goal? As a commentator I described Liam Bridcutt's volley against Carlisle, Elliott Bennett's winner at Walsall to seal the title, Fran Sandaza scrambling home in injury time, Will Buckley against Doncaster, Will Buckley against Newcastle! They all have poignancy. That's what makes them great. If Vicente had scored against Derby rather than batter the frame of the goal I would probably have had to cite that too.

I don't know what's your favourite, defining goal but let's hope there's a few more to savour live at games and on the googlebox as the season progresses. In Albion's current plight, any old goal will do. Lest we forget it's only a matter of time.

Remember Denn s Bergkam-p twisting and turning at the World Cup?

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Football

Ladies in hard fought victory

LAST SUNDAY saw Chichester make the trip to Larkhall to play a team unbeaten in their last four and sitting fourth in the table. The coaching team at Chichester knew that this was going to challenge their fine run of form. Heavy rain on the morning of the game meant the pitch was very soft under foot, something both teams would have to get used to after months of playing on hard dry pitches.

Chichester started the game slowly and found themselves a goal behind when a soft free kick was awarded. The free kick was floated in from the right hand side and headed back across the goal and into the net. Going behind clearly frustrated the Chichester ladies as they sparked into action and they found themselves with a lot more possession in the final third however no real clear cut chances were created. With the weather worsening finally the Chichester possession brought reward when a cross from Fowke was headed clear and Wride fired a low powerful shot into the bottom corner of the net. There was barely time for the game to restart before the ref blew the whistle for half time.

Taylor McGlashan replaced Emily Symonds at the break. Chichester came out with new purpose and looked to keep possession and create some goal scoring chances. With around ten minutes of the second half gone and against the run of play Larkhall scored. The goal came from another free kick, the ball was delivered straight into the Chichester box again from the right hand side, a mix up in the box allowed a Larkhall forward to bundle the ball over the line.

Having been behind for the second time in the game and not wanting to lose their unbeaten status Chichester manager Matt Wright decided to go for it and replaced right back Lucy Harnett with centre forward Lucie Challen. Challen immediately injected some energy into the Chi attack and created some opportunities down the Chichester left. With a renewed sense of purpose it was only a matter of time until Chi found the net. With Larkhall trying to play the ball out from the back Shrubb applied some pressure and forced the defence into a mistake and quickly got a shot off which flew past the keeper to draw the teams level.

Drawing level clearly motivated the team as they went searching for the goal that would put them ahead for the first time in the game. Continuing their run of possession produced more chances for Chichester however the Larkhall keeper was equal to all of Chichester's efforts. Hughes-Jones replaced Strudwick on the right and introduced some fresh legs into the game. With around ten minutes to go Chichester went into the lead for the first time. Shrubb was played in on the edge of Larkhall box and she lashed a fearsome strike into the top of the net.

In the last ten minutes Larkhall piled on the pressure by pumping long balls into the Chichester box however the Chi defence were never going to give up the lead that they had worked so hard to get.

Chichester's next game is another tough clash against 3rd placed Swindon at Oaklands Park on Sunday the 27 of October, kick of 2pm.

Football

Chichester Girls have had a great start to the season

CHICHESTER GIRLS have had a great start to the season having successfully introduced under eleven and under thirteen teams to the Sussex Women s and Girl s League system. Both sides have got off to a great start and are now seeing new players arrive on a weekly basis to bolster their ranks.

FA qualified volunteer coaches from Chichester City Ladies continue to run and coordinate the Girls Saturday Club at Chichester College every week from 1000-1130hrs but more girls are needed to play in the 'Mini Greens' side.

The Mini Greens are made up girls of aged 6-9 years old and play fun football based games every week. The team's manager, Amanda Baker, works closely with coach Emma Alexandre (Chichester Ladies first team player) to ensure all the girls enjoy every session whilst developing their football and social skills. Emma is on the full time FA Level Two coaching programme at Chichester College and recently said 'We spend a huge amount of time preparing fun sessions which all of the mini greens enjoy.'

It is a great way for young girls to become physically active and meet new friends. All girls are welcome along to the sessions regardless if they have ever played football and parents are encouraged to stay and watch.

The first session is free and then each one costs £3 each week. For more information contact matt.wright@chichester.ac.uk or visit www.chichesterladiesfootball.co.uk.

Football

City bow out of cup

Sussex Senior Cup
Wick & Barnham 3-2 Chichester City

By Chester Browton

CHICHESTER were beaten 3-2 at Wick on Saturday in the Sussex Senior Cup.

The Second Division hosts rattled up a three goal lead and could have got several more, but were nearly made to pay the price when Chichester staged a mini revival late on. Morgan Forry and Dom Burbridge got the City goals.

More than half the game was played 10 a side, after Luke Killner and Seb Bagyura got involved in a scuffle that led to two red cards.

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